
eat well live well
homemakers
cool comfort
40+ ways to beat the heat
Coast-to-coast recipes
D: the miracle vitamin
Summer 2010
homemakers.com
PM40064924 aR10635
transcontinental
08
6 23439 71534 7
$2.99
Real Canadian Beauty p32
The Best Time to Do Anything p22
Farmer's Market Suppers p57



Are all frozen pizzas created equal?

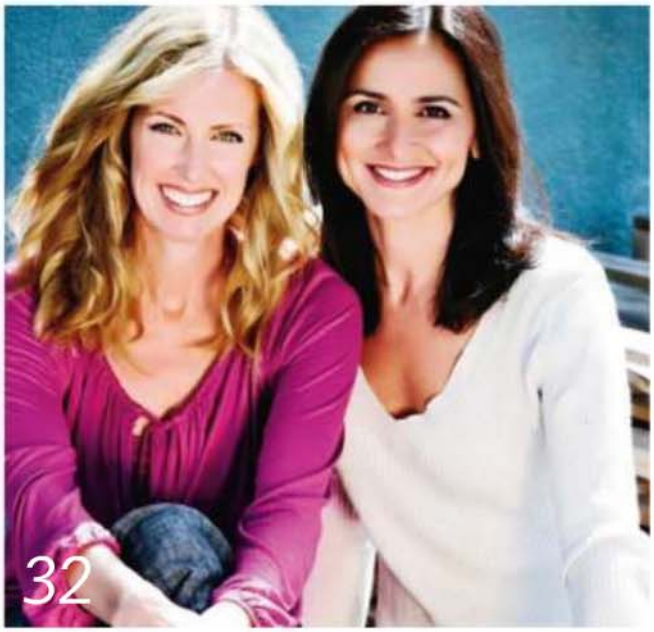
Our new **McCain®** Thin Crust Pepperoni Pizza has sauce made from plump vine-ripened tomatoes, irresistible mozzarella cheese and perfectly cured pepperoni. Nothing artificial or simulated. Other pizzas? Well, read the label and see for yourself. **Find out more at McCain.ca. McCain It's all good™**



®/™McCain Foods Limited, © 2010

Summer 2010

contents





HEALTHY LIVING

19 *D: The Miracle Vitamin?*
You asked: What's the best way to get enough of the sunshine vitamin, and how much do I really need?

22 *The Best Time to Do Absolutely Anything*
Eat, sleep and do everything else according to your body's own natural rhythms

32 *Beauty, Canadian-Style*
Beauty-business icons describe the ultimate Canadian beauty. Plus, discover our nation's best products worthy of your shelf

EATING WELL

40 *A Home & Native Spread*
Celebrate truly Canadian foods with a nationally inspired menu

57 *Five Farm-Fresh Suppers*
Favourites from farmer's markets star in these quick and easy recipes

65 *A Toast to the True North*
Uncork delicious Canadian flavour with these top homegrown vintages, perfectly paired with recipes from this issue

Cover photography: Angus Fergusson *Food styling:* Claire Stubbs *Prop styling:* Catherine Doherty



LIVING FULLY

69 *Haute & Cool*
Baby, it's hot out there! Check out our cool guide to beating the heat

74 *The Little City that Could*
How a big, crazy dream – and the people who believed in it – brought the city of Moose Jaw, Sask., back from the brink

81 *Between Us*
Jocelyn Laurence loves Canada – all 9,984,670 square kilometres of it

In Every Issue

6 *Off the Top*
8 *Contributors*
10 *Homemakers Online*
12 *Letters*

15 **Your Whole Life**
Live well in the best country in the world!

31 *Health News*
62 *Shopping Sources*
85 *For Keeps*
A guide for keeping portion sizes in check
86 *Turning Point*
Sameena Arif broke with tradition to forge a new life in Canada

Contests
10 *Beauty Brainteaser (online only)*
17 *Now Tell Us!*
83 *Just for You*



On the cover
Beat the heat!

Volume 45 Number 5 ISSN 0318-7802
All Canadian sources since 1966

off the top

From the editor-in-chief



Let me pour you a P.E.I. Caesar to go with your Baba au Screech – and let's toast Canada!

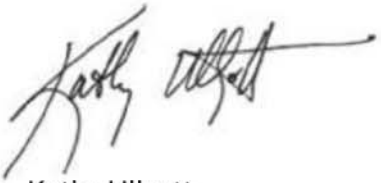
Two years ago in this column, I invited *Homemakers* readers to write in and tell me the 10 things you love most about Canada. You responded in force, listing everything from Mr. Dressup to the RCMP and the Calgary Stampede to universal health care.

Of the top 100 most mentioned (you can read the whole list at homemakers.com), one in five were comestibles – Nanaimo bars and icewine, butter tarts and beer, to name just a few. That food and drinks would figure so prominently in tributes to our Canadianness isn't surprising: Next to language, food is the most defining and eloquent expression of any culture's identity. (What says Spain more than paella, or India more than curry?)

Canadian foodies like to debate the most truly Canadian dish; tourtière, bannock and Saskatoon pie have all been offered as candidates. But I think that, in a reflection of what is most Canadian about us – our ever-flexing mix of people and cultures from all corners of the world – our national cuisine is a constantly evolving menu. In my own west-end Toronto neighbourhood, roti shops are more numerous than hamburger joints.

For this flag-waving issue of *Homemakers,* our food editor, Andrew Chase, set out on a fascinating and delicious project: to develop at least 13 new recipes showcasing ingredients emblematic of every Canadian province and territory. The biggest challenge was selecting the ingredients to be highlighted – and I'm sure we ended up leaving some of your personal favourites off the list. But the result, "A Home & Native Spread," page 40, is a fantastic menu offering everything from intriguing appetizers to soul-satisfying desserts. You'll find ingredients such as Oka cheese from Quebec, wild rice from Manitoba and arctic char from Nunavut in dishes inspired by cuisines from around the world. My favourites: Fried Mussels with Skordalia (a Greek-Macedonian garlic sauce), Chili Dungeness Crab inspired by Singaporean cuisine and Yukon Wild Mushroom Knishes that evoke eastern Europe. Honestly, what could be more Canadian?

Happy Canada Day and bon appétit.



Kathy Ullyott
kathy@homemakers.com

PHOTOGRAPHY: MARK BURSTYN. HAIR AND MAKEUP: SHERI STROH/PLUTINO GROUP

FEEL LIGHT

IT'S SKIN SEASON

with Vaseline® aloe fresh

Keep your skin feeling light, fresh and hydrated this Skin Season with our amazing Aloe Fresh range. There's a light daily lotion with SPF and our everyday Aloe Fresh lotion you already know and use.



keeping skin amazing™

Trade-mark owned or used under license by Unilever Canada Inc.

CONTRIBUTORS

We asked our Summer contributors:
"What's your favourite distinctly Canadian product?"



Dale Roth and Michele Ramberg
(photographers, "Turning Point," page 86)
"The one item we could both agree on is sugar pie. Who doesn't love sugar pie?"



Laura Pérez
(illustrator, "The Best Time to..." page 22)
"I'm from Spain, but I stayed in Canada and found Yves veggie products while exploring the grocery store."



Hélèna Katz
(writer, "The Little City that Could," page 74)
"I love watching bagels being made at St-Viateur Bagel in Montreal's Mile End, then biting into one fresh out of the bag."



Jill Buchner
(copy editor)
"I can't get through a Canadian winter without my Mackage coat and La Canadienne boots. Both companies were started in Montreal."

eat well live well
homemakers

EDITOR-IN-CHIEF **Kathy Ullyott**

EXECUTIVE EDITOR **Jessica Ross**
ART DIRECTOR **Annette Waurick**
SENIOR EDITOR **Janet Rowe**
FOOD EDITOR **Andrew Chase**
RECIPE TESTER **Soo Kim**
ASSOCIATE ART DIRECTOR **Rose Pereira**
ART PRODUCTION COORDINATOR **Erin Poetschke**
CONTRIBUTING EDITOR, STYLE **Karen Kwinter**
ASSISTANT EDITOR, STYLE **Julia McEwen**
EDITORIAL ASSISTANT, STYLE **Katherine Flemming**
COPY CHIEF **Lisa Fielding**
COPY EDITOR **Jill Buchner**
ADMINISTRATOR **Olga Goncalves Costa**
EDITORIAL ASSISTANTS **Patrick Flynn, Teresa Sousa**

GROUP PUBLISHER **Lynn Chambers**

BUSINESS MANAGER **Nancy Baker**
ASSOCIATE BUSINESS MANAGERS **Vincent Cheung, Angel Palacios**
Homemakers Online
SENIOR VICE-PRESIDENT, NEW MEDIA AND DIGITAL SOLUTIONS GROUP **John Clinton**
ONLINE PRODUCT DIRECTOR **Angie McKaig**
ONLINE CONTENT DIRECTOR **Catherine Gray**
WEB EDITOR **Jennifer Melo**
WEB EDITORIAL ASSISTANT **Adrienne Brown**
WEBMASTER, ENGLISH MEDIA **Dmitry Beniaminov**
GRAPHIC DESIGNER **Alexandra Ishigaki**
OPERATIONS MANAGER **John Kuipers**
NATIONAL SALES DIRECTOR, DIGITAL MEDIA **Ken McMillan**

DIGITAL OPTIMIZATION SPECIALIST **Dominik Majka**
Custom Publishing
DIRECTOR **Nino DiCara**
Communications and Promotions
DIRECTOR **Avra Goldenblatt**
SENIOR SPECIALIST **Janis Davidson Pressick**
COORDINATORS **Gillian Roberts, Alyson Young**
Advertising Sales
ADVERTISING SALES DIRECTOR **Nadine Starr**
SALES MANAGERS **Louisa Di Tullio (East), Kevin McEwan (West)**
NATIONAL ACCOUNT MANAGERS **Israël Brais, Julie Courchesne, Jane Curran, Monique Hourd, Marie-Josée Lefebvre, Sylvie Lizotte, Andrea McBride, Andrea Topping, Anna Vecera Marto**
SALES PROMOTION MANAGERS **Sarah Conroy, Joanne Landry, Kylie Martin**
CREATIVE DIRECTOR, PROMOTIONS **Linda Stephenson**
ADVERTISING COORDINATION MANAGER **Janice Clarke**
TRAFFIC COORDINATOR **Joanne Richardson**
GENERAL SALES MANAGER, KEY ACCOUNTS, 360° AND CREATIVE SOLUTIONS **Caroline Medwell**
Key Accounts
DIRECTORS **Jessica Scott, Gayle Taguchi**
COORDINATOR **Nicole Ciffolillo**
360° Solutions
DIRECTORS **Connie Corner, Patricia Châteauneuf, Jessica Scott**

Circulation, Distribution and Production
VICE-PRESIDENT, CONSUMER MARKETING, ENGLISH MAGAZINES **Christopher Purcell**
SUBSCRIBER ACQUISITION MANAGER **Lisa Rivers**
SENIOR CIRCULATION MANAGER **Kelly Raino**
SUBSCRIBER RENEWAL MANAGER **Doris Chan**
FULFILLMENT MANAGER **Laurie Brooks Smith**
DIGITAL MARKETING MANAGER **Jason Patterson**
DIRECTOR, NEWSSTAND SALES **Pat Strangis**
NATIONAL MARKETING MANAGER **Michael Hughes**
NATIONAL DISTRIBUTION MANAGER **Bernardette Menchise**
MANAGER, PRODUCTION **Maria Mendes**
PRODUCTION COORDINATOR **Judy Strader**
Transcontinental Media G.P.
transcontinental-media.com
CHAIRMAN OF THE BOARD **Rémi Marcoux**
PRESIDENT AND CEO **François Olivier**
PRESIDENT, MEDIA SECTOR **Natalie Larivière**
SENIOR VICE-PRESIDENT, BUSINESS AND CONSUMER SOLUTIONS GROUP **Pierre Marcoux**
SENIOR VICE-PRESIDENT, MARKETING & 360° SOLUTIONS **Reneault Poliquin**
VICE-PRESIDENT, FINANCE **Haig Poutchigian**

HOMEMAKERS is published nine times per year by Transcontinental Media G.P., 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7, (416) 733-7600. Printed at Transcontinental Printing G.P. RBW Graphics, 2049 20th St. E., Owen Sound, Ont., N4K 5R2. Distributed by Coast to Coast Newsstand Services. Postage paid at Kitchener, Ont. ISSN 0318-7802 0. Publication mail agreement #40064924. Registration #10635. Return undeliverable addresses to: Homemakers, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. All reproduction requests must be made to: COPIBEC (paper reproductions) – (800) 717-2022; CEDROM-SNi (electronic reproductions) – reproduction@cedrom-sni.com. Cover price: $2.99. Subscriptions in Canada, one year $18 (taxes included). In the United States, one year $30; all other countries, one year $42 (both payable in advance). We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

Member of
Magazines Canada
Canada
Transcontinental

PHOTOGRAPHY (FROM LEFT): ROBYN JAMIESON; SALVADOR RUIZ; LINDA MARTIN; MARK BURSTYN

Massimo Capra
Celebrity Chef
and Restaurateur

Enjoy fast cooking and easy cleaning. Just how a seasoned chef likes it!



FTQ307

Cook like a professional chef every day with the Samsung Induction Range. Induction technology is energy efficient because heat is transferred directly to the bottom of the cookware. So the cooktop and your kitchen stay cool. Meals are ready in record time and spills, drips and spatters don't bake on. Clean up is done with one wipe - so you can get out of the kitchen and savour your culinary creations with family and friends. To learn more about the coolest, cleanest new way to cook, visit **samsung.com**.

SAMSUNG

TURN ON TOMORROW

©2010 Samsung Electronics Canada, Inc. All Rights Reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd.

online

What's happening at *homemakers.com*



Spirited summer

- a classic mojito
- a strawberry daiquiri
- a yummy piña colada
- elegant virgin drinks for designated drivers

See **homemakers.com/summerdrinks**.

The best backyard bartender? You! Shake up some fun – and stir up some fabulous drinks – with our best cocktail recipes for stellar summer entertaining.

Beauty on the beach

- Check out the best of this season's figure-flattering swimsuits.
- Learn terrific tummy-toning exercises.
- Bloating begone! Get diet tips to keep you looking your slimmest this summer.

Visit **homemakers.com/slimsummer**.



Contest Central

Beauty Brainteaser



Clue: According to the beauty story in *Homemakers'* June 2010 issue, you should use this to keep nail polish chips to a minimum.

sabe toca

Unscramble the words and enter online for your chance to win a basket of Jamieson vitamins.

go online for more!

To link to all of the online articles mentioned in this issue, go directly to **homemakers.com/summer2010**.

POLL RESULTS

We asked: Which camping luxury can you not live without?

46% A toilet
22% Shower facilities
21% Mosquito repellent
7% A radio
4% Sports equipment

Next poll: What's your greatest financial challenge?

a. Keeping up with bills
b. Managing investments
c. Paying off the mortgage
d. Saving for retirement

PHOTOGRAPHY: ISTOCK (TOP LEFT); THINKSTOCK (TOP RIGHT)



WHITEN AND STRENGTHEN.*
TWO WORDS TO MAKE YOU SMILE.

Make your teeth whiter and stronger* with new LISTERINE® WHITENING™ PLUS RESTORING™ Rinse. It's the only rinse that whitens teeth that is also recognized by the Canadian Dental Association for strengthening tooth enamel. A combination that will give you a brighter, healthier looking smile.

Always read and follow the label.

© Johnson & Johnson Inc. 2010

*Strengthens enamel by helping to rebuild weak spots.

letters

Turned out well

I read your "Turning Point" profile of Sophia Isajiw (May) with great interest. Sophia was one of my instructors when I returned to university in 2006, after nearly 20 years, to fulfill a lifelong dream of studying visual art. Sophia was a fabulous teacher; to read about her in your magazine was a real inspiration.
– *Ann Roth, Windsor, Ont.*

A healthy choice

There are several things I find useful and interesting in your magazine. It is so helpful that you display the amounts of carbohydrate, fibre, etc. for each recipe. As a diabetic, I really appreciate this, because I can scan the recipes and choose the better ones for my diet.

Also of interest to me was the story about the 100-mile diet ("Think Globally, Eat Locally," Summer 2007), as it reminded me of our trip to a very small town in Paraguay. We arrived in the early winter, so all the crops had been harvested and eaten. The people there are very reliant on their gardens for the other seasons, but every household had five staples from the general store: cabbage, onions, potatoes, carrots and beets. Fortunately, my relatives there are good, resourceful cooks – theirs was a five-mile diet!

I enjoy all your articles and seem to quote them quite often.
– *Shannon Riedlinger, Abbotsford, B.C.*

Harey scary

Regarding the note about rabbits eating garden veggies ("Contributors," June), my aunt always put human hair around and within the edges of her beds, and rabbits never bothered her gardens. It works for other animals too. So after your next haircut, save the hair for the garden. Can't hurt! (I do not garden. I have rocks – nice and easy!)
– *Shirley Burger, Sarnia, Ont.*

Play on, Liona

Thank you for your well-written feature on me and my career comeback ("Turning Point," June). However, the article gave the impression that I'd quit playing guitar and that is absolutely not true. I've played every single day of my life! I added vocals and completely reinvented my guitar technique due to focal dystonia [which meant I was no longer able to play the virtuoso pieces demanded in a classical concert], but I have never for a moment stopped playing.

I'm delighted to be back now as a singer, songwriter and guitarist, giving concerts across Canada. The *Liona Boyd Sings Songs of Love* and *Seven Journeys* CDs have vocals, of course, but also lots of beautiful guitar playing on every single track.
– *Liona Boyd, via email*


turning point

By James Doyle

Sophia Isajiw

Sophia Isajiw shed 140 pounds over two years, but it was the wisdom and insight she gained while losing that put her life on a new track.

write to us!

Send your letter (with address) to *Homemakers* Magazine, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. Or email it to **letters@homemakers.com**.

Your mouth is saying yes. But your body –
oh wait, your body is saying yes, too.



Who wouldn't say yes to zingy cranberries, wild blueberries and crunchy clusters? Introducing new Kashi* Toasted Berry Crisp* cereal, made with seven whole grains and all natural ingredients. Open wide and say yes.

Kashi
The Seven Whole Grain Company

7 whole grains on a mission*

*© 2010, Trademark of Kashi Company used under licence.

THE OFFICIAL PACE CAR OF REAL LIFE.



MEET THE VEHICLE THAT HANDLES BUSY LIKE NOBODY'S BUSINESS.

With features like available dual DVDs and a media centre that includes CD, DVD, Navigation System, Rear Backup Camera and UConnect™ Hands-Free Phone, Grand Caravan is as adaptable at changing gears as you are*. Also, expect impressive fuel economy and unmatched interior flexibility. There's plenty of room for seven or Stow 'n Go® with fold-flat seating that leaves mega-space to carry anything else life throws your way. When it comes to innovations, Grand Caravan laps the field.



Stow 'N Go Seating



Dual DVD Screens



NAV System

★★★★★ FIVE STAR SAFETY RATING‡

CANADA'S BEST-SELLING MINIVAN, 25 YEARS

DODGE

GRAND CARAVAN

DODGE.CA

*Some features are optional. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan. See dealer or website for further details.

your whole life

This month: live well in the best country in the world!

Three things to do this summer

1 Visit local farmer's markets

Stock up on the tastes of summer – fruit syrups, jams, honey and other goodies – to enjoy all year. To find a market, visit **homemakers.com/farmersmarkets**.

2 Put it all on the line –

the clothesline, that is. Skipping the dryer will save you six to 10 per cent in energy costs, and the sun's UV rays help sanitize everything you hang up.



3 Stay hydrated

Mild dehydration from a hot summer day can sap your energy. Water also helps regulate your temperature and protect your organs. How much do you need? About two litres per day from drinks and foods – and many fruits and veggies are more than 80 per cent water. >

PHOTOGRAPHY: ANGUS FERGUSSON. PROP STYLING, CATHERINE DOHERTY. FOOD STYLING, CLAIRE STUBBS



Shout-out

One of Canada's finest, Joanne Rudnick, helps international child victims of sexual offences. *By Rhea Seymour*

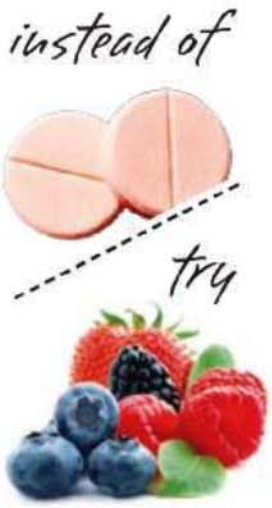
When detective sergeant Joanne Rudnick, a former member of Toronto's sex crimes unit, takes a vacation from Toronto Police Services, she volunteers with the human rights agency International Justice Mission, training officers in countries such as Cambodia and Bolivia to help child victims of prostitution, human trafficking and sex tourism. "I can't be a police officer in these countries or adopt every child I'm scared for, but I can give my time to empower and train the police who are there," she says.

In Bolivia, child victims of sex crimes are often interrogated in public – sometimes with the perpetrators in the same room. "It's barbaric," says Joanne. "The police just don't have the proper training or realize that there is a way to create a comfort zone to help a child open up to you and tell you their worst secret." During a 2009 workshop, she asked three officers to each think about a sexual encounter and plan to tell it to their colleagues. "I could see them cringing, and that was the point," she says. "It had to be that shocking to show them it's not the way to do it."

Joanne has heard that the officers she's helped train have changed the way they deal with victims and have uncovered more child sex crimes. "There's still a long way to go, but every single child rescued is worth it."

Smart swap

Instead of getting vitamin C from a supplement, enjoy some vitamin C–rich produce. Swedish research shows that when women take supplements, they may be at higher risk of developing age-related cataracts. And at this time of year, freshly harvested, locally grown vitamin C–packed berries, melons, tomatoes and greens make this swap an easy one.
– *Rosie Schwartz, RD*



PHOTOGRAPHY: ROGER YIP (RUDNICK); ISTOCK (VITAMIN C); THINKSTOCK (BERRIES). HAIR AND MAKEUP, ANIYA NANDY FOR TRESEMMÉ HAIR CARE/PLUTINO GROUP

One stitch at a time

Why not brighten a woman's life while you brighten your summer wardrobe? At $189, this tunic – part of Olsen Europe's Double Happiness collection with Plan Canada – comes with a promise to empower women running an Indian textile company. The women get business know-how and five per cent of the proceeds in return for embroidering the collection.



Savoury saviour
Eating a lot of barbecued meat is linked to an increased risk of some cancers, but there's good news on this front. While you should still try not to char your food, new research from the *Journal of Food Science* suggests that adding rosemary to your burgers or marinating your meat may help greatly reduce the amount of cancer-causing heterocyclic amines produced while grilling. – *R.S.*



PHOTOGRAPHY, THINKSTOCK (RUNNER, MARINADE)



The app that stays on track

Make getting fit outdoors easy with the Nokia Sports Tracker app designed for compatible Nokia phones. Track your route, actual distance, speed, time and more with the map software. Download it at sportstracker.nokia.com.

YOU TOLD US: *In our May issue, we asked you to write a short poem that shows why you love your hometown or province.*

The top 20 poets received Chapman's ice cream coupons worth $25 each. Here's one of our favourites, coincidentally by Vaughan Chapman of Surrey, B.C. To read all 20 readers' beautiful poems, please go to ***homemakers.com****.*

"Vancouver, B.C., Canada – Oh Yeah!"

though too many curl in doorways –
mountains, no matter
which way you turn, parks,
even down to the sea –
the sea, the sea
wind
smell of leaves lost from trees
and still –
at hundreds of thousands of people –
kindness to strangers.

NOW TELL US: *What's your surefire home remedy for warding off colds?*



The winner will receive a Bosch cordless screwdriver worth $80.

Write to yourwholelife@homemakers.com or "Your Whole Life," Homemakers, *25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7.*

NEW FROM NESTLÉ



It's what we don't put in our ice cream that makes the difference.



100% CANADIAN MILK

Made with simple ingredients like sugar, eggs and fresh cream made from 100% Canadian milk.

www.realdairy.ca



Nestlé
Good Food, Good Life



D: the miracle vitamin?

Q: Now that it's summer, I'm getting vitamin D from being in the sun. How long will it stay in my body (e.g., before I need to take supplements)?

A: Scientists are still trying to answer this question, but we do know that there are many factors that can affect how well you produce vitamin D and how well you store it.

But let's back up a bit. Before worrying about how long your stores of vitamin D will last, you need to ensure you're producing as much as you think. When you wear sunscreen you're not producing it. You'll only produce vitamin D when your bare skin is exposed to UV light of a certain intensity. To get an adequate amount, drench your arms, legs, face or back in sunshine at least twice a week for five to 30 minutes between 10 a.m. and 3 p.m. (Duration varies because some people require more time to produce enough vitamin D, particularly those who are over 50 or have dark skin.) Of course, don't overdo it – too much sun can give you a sunburn and cause skin cancer.

Once you have a good store of the sunshine vitamin, either from sun exposure, foods or supplements, it can be stored by your body for a few months. So you can actually bank a fair bit of it during the summer. How quickly that bank is released into your bloodstream depends on a number of factors. For example, excess body fat may actually impair the release of vitamin D into your blood (yet another reason to maintain a healthy weight). Alternatively, being active may prompt your body to release stored vitamin D. Regardless, come autumn's shorter days, Canadian women definitely need to top up vitamin D levels through supplements. (For amounts, see "How Much D Do You Need?" page 20). >

Q&A



Registered dietitian ***Rosie Schwartz*** *answers your questions about getting enough of the sunshine vitamin.*

PHOTOGRAPHY: THINKSTOCK (TOP); KEVIN HEWITT (BOTTOM)

Q: Why is D called the "miracle vitamin"?

A: Vitamin D provides an astounding array of disease-fighting benefits, according to many studies. For a long time, vitamin D was mainly thought of as a promoter of bone health, since it helps you absorb more calcium, reducing the risk of osteoporosis. But more recently, research has linked vitamin D to a reduced risk of breast, prostate and colon cancers, as well as better immune system functioning, including the ability to fend off autoimmune diseases and infections such as the flu. There may also be a link to diabetes; people with elevated blood sugar readings should have their blood levels of vitamin D checked.

In the battle against heart disease and stroke, low vitamin D readings are linked to high blood pressure, as well as elevated blood cholesterol levels in people with diabetes. Two studies recently conducted at the Intermountain Medical Center Heart Institute in Utah back this up. In the first study, of 9,400 mostly female patients who had low vitamin D levels, the 47 per cent who increased their levels between clinic visits showed a reduced risk of cardiovascular disease. In the second study, researchers placed more than 31,000 patients into three categories based on their vitamin D readings. Regardless of their initial levels, those who increased their vitamin D to the highest blood levels had lower rates of death, diabetes, cardiovascular disease, heart attacks, heart failure, high blood pressure, depression and kidney failure. So you can see how important vitamin D is!

slow down, sunshine!

Get sun safety tips to ensure you're not putting your skin at undue risk, at **homemakers.com/sunsafety**.

Q: Can I get vitamin D from food?

A: It's not easy to get vitamin D through your diet. It's only found in a few foods, particularly in fatty fish such as salmon, tuna and mackerel. Mushrooms grown using UV light also offer some vitamin D. But milk and fortified options, such as soy milk, rice milk and some orange juices, contain small amounts. For example, milk contains only 100 IU per cup.

Q: Is vitamin D from supplements or fortified foods as good as what I'd get from the sun?

A: Definitely. There are two forms of vitamin D used in supplements and food – vitamin D_2 and vitamin D_3. For years, the favourite was vitamin D_3, the same form that's produced by the sun. Recent research, conducted by Dr. Michael Holick from the Boston University School of Medicine, found the two forms were equally effective in boosting levels of vitamin D where you can use it: in your blood. ***hm***

How much D do you need?

The recommended amount is currently 200 IU for adults 19 to 50 years old, and an additional 400 IU supplement is suggested for those over age 50. But Health Canada, along with other associations and researchers, is currently revising these numbers, and they're likely going up. Experts are now suggesting that we may need 1,000 to 2,000 IU per day to prevent common diseases. But if you take vitamin D supplements, seek medical advice before taking extremely large doses.

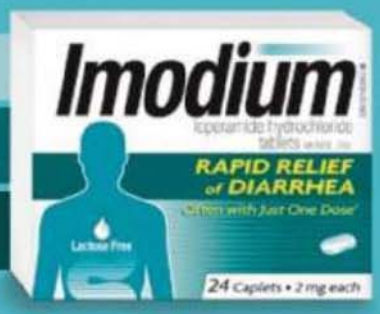
Turn the runs into a stroll.



You know how it feels when you have diarrhea. Your digestive system is on fast–forward and everything is moving through you at a mile a minute. It's all you can think about. You don't want to leave the house because you might have to go and you know you won't find a bathroom that's private enough.

So, you stay home. You want to have friends over but you don't want the embarrassment of frequently excusing yourself. You want relief, but think that Imodium works by causing constipation*. Instead of plugging you up every time you use it, Imodium works by slowing your lower digestive system to a more normal pace. So you can get back to your life.

FOR A MORE
NORMAL
PACE



Visit imodium.ca and register with Living Well to receive the IMODIUM® I'm Free Newsletter.

To be sure this product is right for you always read and follow the label.

*In clinical trials constipation occurred in less than 3% of patients with acute diarrhea.
Living Well is an online health resource featuring expert advice, tips and tools and trial offers for you and your family.
© Johnson & Johnson Inc. 2010

the best time to do absolutely anything



Brrrrrring! It's 5:30 a.m. Stretch. Yawn. By 6:30 a.m., you're sipping coffee and juggling your gym bag. Or maybe you're hitting the snooze button again. Whatever your routine, it gives a sense of order – but there's more to it than that. Scientists in the field of chronobiology (the study of how we adapt to solar and lunar rhythms) say routines are most effective when they're in sync with our bodies' own rhythms, which are set by daylight, nightfall, eating, exercise and even hormones. Yes, chronobiologists say, there is – generally speaking – a perfect time to do anything.

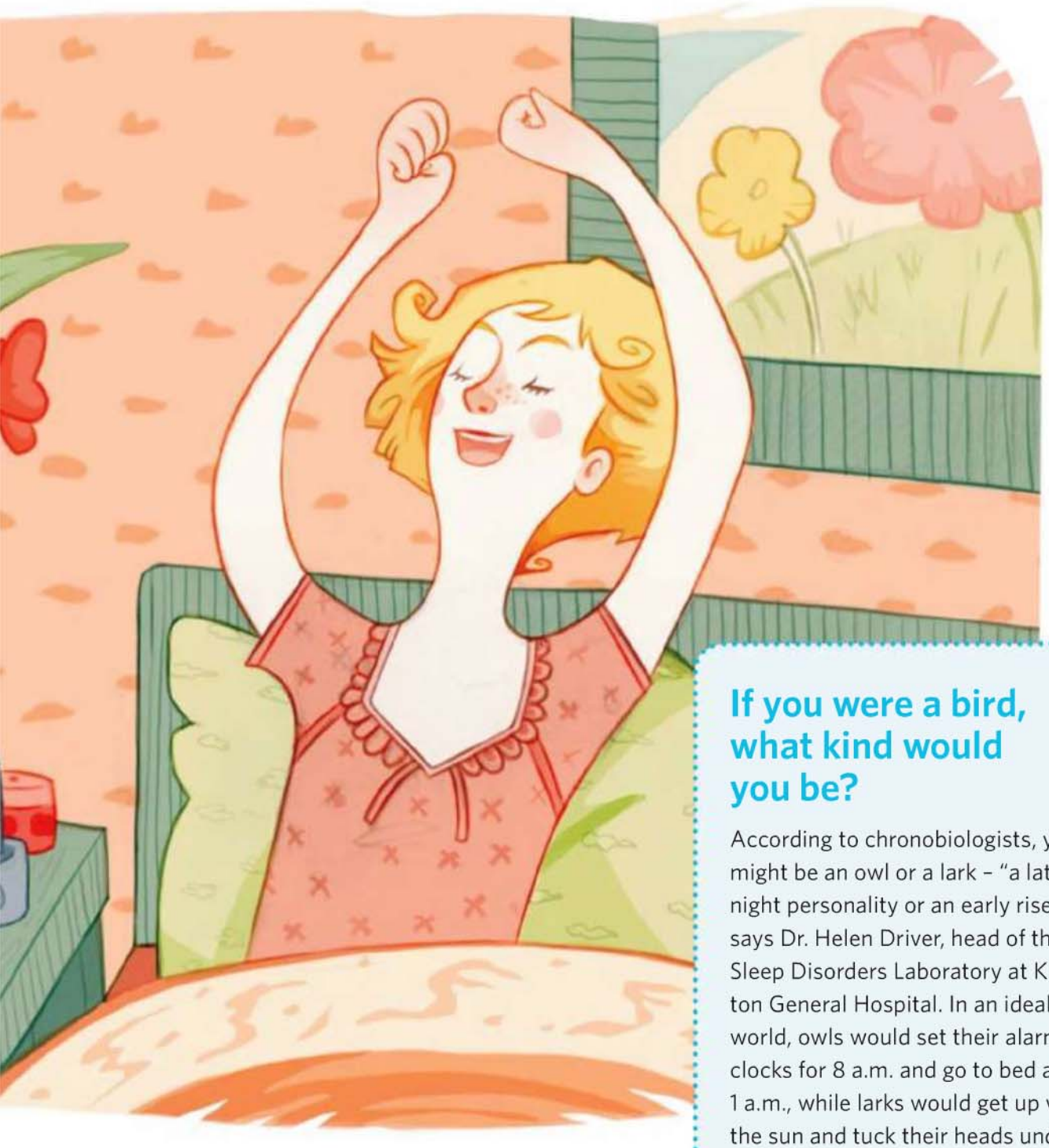
By Julie Beun Illustration by Laura Perez

7:21 a.m. *Best time to wake up*

Go ahead and sleep in, night owls (see "If You Were a Bird, What Kind Would You Be?" opposite). Between 5:22 and 7:21 a.m., our bodies experience high blood pressure and increased cortisol to prepare for the day. For some people, that means that waking up during that period spells an increased risk of heart attack and stroke, says Michael Antle, a world-renowned chronobiologist at the University of Calgary.

7:30 a.m. *Best time to conceive*

From a woman's point of view, the window of opportunity to conceive is within 24 hours after ovulation, so any time of day to procreate will do, as long as it's when you're due to drop an egg. Not so for men, says Antle. "The best time would be when the sperm count is highest, which is the morning. It's been the longest period since the last ejaculation and he's had a chance to build things up."



If you were a bird, what kind would you be?

According to chronobiologists, you might be an owl or a lark – "a late-night personality or an early riser," says Dr. Helen Driver, head of the Sleep Disorders Laboratory at Kingston General Hospital. In an ideal world, owls would set their alarm clocks for 8 a.m. and go to bed at 1 a.m., while larks would get up with the sun and tuck their heads under their wings at 9 p.m. (meaning you can adjust the ideal timings in this story to suit you). But life often gets in the way, says Dr. Driver. "You may be one chronotype, but as mothers and workers, we might have to adopt another. We mask our rhythm all the time with things like caffeine." The result: Owls and larks alike are often out of step with their bodies.

8 a.m. *Best time to shave your legs*

Take time out of your morning speed-shower to shave, says Antle. Your hand-eye coordination isn't at its peak and you may nick yourself, but "you also have your highest threshold of pain," he says. "Your clot-forming blood platelets are more abundant and stickier," so you're not as likely to bleed. The same goes for men, says Dr. Helen Driver, head of the Sleep Disorders Laboratory at Kingston General Hospital. >

8 a.m. *Best time to apply lotion*

"Moisturizer should be put on within three minutes of a shower, when the skin is moist and the uptake will be maximal," says Dr. Karen Dover, a cosmetic medicine, laser and skin-care specialist in Ottawa. And don't forget to moisturize after washing your face before bed. "You lose body water at night, especially in winter, because you're sleeping in a dry environment," Dr. Dover adds. "Moisturizer will help, but so will a humidifier."

8 a.m. to 12 p.m. *Best time to have coffee*

No, that doesn't mean you should drink 20 cups before noon, but if you do enjoy your java, do so in the morning. Otherwise, it might disturb your sleep, says Dr. Charles Samuels, the medical director of the Centre for Sleep and Human Performance, and a clinical assistant professor at the University of Calgary's faculty of medicine. Caffeine's half-life in your system is three to seven hours long, so if you want to sleep well at night, pay attention to when you sipped your last cup of joe during the day.

8 a.m. or 12:30 p.m. *Best time to take a multivitamin*

According to Dr. Joey Shulman, a chiropractor and nutrition expert in Toronto, and the author of *The Last 15* (John Wiley and Sons, 2007), multivitamins are best taken with breakfast or lunch. "They contain fat-soluble vitamins – namely A, D, E and K – so taking them with food is the most important element." But supper isn't an ideal time. "The body doesn't really love digesting at night."

8:30 a.m. *Best time to have a bowel movement*

Sure, some people feel nature's call earlier. Others need a second coffee. Yet 8:30 a.m. is when you're most likely to feel the urge, says Antle, because bowel movements are naturally suppressed during the evening and turned on again in the morning. Important tip: Never ignore the urge when it happens – doing so could cause constipation.

9 a.m. or 1 p.m. *Best time to see your doctor*

Time for your annual checkup? That may mean blood, urine or glucose-tolerance testing, which requires either a full bladder or an empty stomach, so book an early slot to minimize discomfort. Whether or not you have tests, aim for first thing in the morning or immediately after lunch, says Dr. Driver. "It's about logistics. It would be strategic to be the first in the queue."



10 to 11 a.m. *Best time to have a meeting*

By midmorning, your body and mind have become finely honed machines, so schedule big meetings then. "You've had breakfast; you have energy on board. Your sleep drive is well satisfied because it's been three to four hours since you woke up, and your body temperature is climbing," says Antle. "You might be a bit hungry, but that will make you more alert."

12 p.m. *Best time to eat carbs*

Whether you packed a whole wheat sandwich or a quinoa salad for lunch, whole grains boost your energy for the rest of the day, so eat them at midday and avoid them at dinner, says Dr. Shulman in *The Last 15*. It's also better timing to have your bigger meal at lunch, rather than at suppertime. According to Columbia University's Health Services, metabolism follows a 24-hour circadian rhythm, which peaks around noon.

best time to...shop!

Check out the bargain-hunter's guide to finding the best sales of every season at **homemakers.com/shoppingtime**.



11 a.m. to 1 p.m. *Best time to clean the house*

Is there ever a good time of day to clean house? You bet. Choose the morning or early afternoon to banish dust bunnies, suggests Dr. Richard Warrington, president of the Canadian Society of Allergy and Clinical Immunology. Rhinitis and asthma symptoms are worse overnight and in the early morning, he explains, possibly "due to late-phase response...which kicks in four to eight hours after exposure." If you dust earlier in the day, your late-phase response from cleaning shouldn't coincide with your overnight symptoms.

12 p.m. *Best time to ask for a date or a raise*

Cognitive therapists call it "contextual cueing" – waiting for the right moment to act. Why lunchtime? "We're looking forward to the break, so our moods are elevated and we're less focused on work," says Dr. Jane Blouin, a psychologist and cognitive therapist in Ottawa. "That's a good time to ask somebody to do something for you or with you. Everyone's frame of mind is sociable, so you're more open to overtures."

2 p.m. *Best time to nap*

"Naps are great," laughs Antle. "They're highly underrated." Lunch may make you sleepy, but there is also a natural afternoon dip in alertness, he says. So a quick 20-minute kip will help reboot your attention span. Just don't grab more than 30 winks or you'll end up groggy with sleep inertia – trouble waking up. If your boss objects, offer this: People who have 30-minute siestas thrice weekly reduce their risk of dying from coronary heart disease by 37 per cent. >

2:30 to 4 p.m. *Best time to work out*

In mid-afternoon, says Antle, "your body temperature is higher, so every biochemical reaction can work faster." In other words, your coordination, muscle strength and reaction time peak, so you'll get more out of your workout. That makes sense to Jennifer Hicks, a personal trainer in Carleton Place, Ont. "I can't get 100 per cent out of early-morning clients; if they come [later], they're keen as long as they've eaten two hours prior. It's an incredible difference."



3 p.m. *Best time to take a screen break*

Ever have the feeling that your get-up-and-go just left the building? Follow it out to the street for a brisk walk, advises Dr. Shulman. "I think 3 p.m. is one of the critical screen-break times. Your blood sugar falls, you've been sedentary and your cortisol levels might be rising." A walk can recharge your batteries, and a 2002 University of Massachusetts study found that people who are moderately active have 23 per cent fewer colds than those who aren't.

6:30 p.m. or 8 p.m. *Best time to eat supper*

Larks should sup sooner, owls later. "Time from sleep onset is the most important thing," says Dr. Samuels, so count four hours back from your bedtime and set your table then. Eat too early and you'll be hungry before bed, too late and you'll be too full to sleep. Have a balanced meal, he adds. "Then you're going to bed on a reasonably well-nourished body without too many carbohydrates to disturb your sleep."

5 to 10 p.m. *Best time to fly to Europe*

Start your European vacation off right by choosing an evening flight that leaves between 5 and 10 p.m. "It makes for a faster adaptation to the time zone," no matter which coast you start from, says Dr. Samuels. There is no optimal time for travelling the same distance west. Why? The brain "likes to travel west," he says. By the time you've passed enough time zones to develop jet lag (four going west or three heading east), sheer travel exhaustion becomes a more important factor than jet lag. So get on the plane rested. If possible, for a few days before you leave, shift your home schedule to the new time zone.

7 p.m. *Best time to enjoy a glass of wine*

Whatever your tipple, enjoy it early in the evening; make sure you drink on a full stomach; and, warns Antle, never drink when you're exhausted. "That's because you'll actually sleep worse as you metabolize the alcohol." As your body processes alcohol, it interferes with adenosine, the neurotransmitter that normally prevents you from waking early. Result: restless, shallow sleep. So say "bottoms up" early for sweeter slumber. >



Can 60 calories be satisfying?



The proof is in the pudding.

Delightfully delicious at 60 calories per 106 g cup.
Find your flavour in the refrigerated section.



8 to 10 p.m. *Best time to call a friend*

The kids are in bed, you're alone and a tub of ice cream is calling your name. Put down the spoon and pick up the phone, advises Dr. Blouin. "Our research shows that people are most likely to binge eat between 8 and 10 p.m., because it's emotionally a time of letdown. Women also feel the most fatigued then, so they'll either sleep or eat to restore energy."

9 p.m. or 1 a.m. *Best time to fall asleep*

Bedtime is dependent on your chronotype: Larks are usually ready to go to sleep before 10 p.m.; owls like late-night TV. "Go to bed when you're sleepy," says Dr. Samuels. Either way, getting eight hours of shut-eye could keep you thinner. According to a Stanford University study, the less you sleep, the higher your hunger-hormone levels are, and the greater your risk of gaining weight.

10 p.m. *Best time to take contraceptives*

Packed into every tiny birth control pill are hormones that operate like clockwork, so build it into your bedtime ritual. "The more regulated the pill is, the more effective it will be," says Dr. Shulman. Pick a consistent time of day and set your cellphone alarm to remind you, says Tammy Troute-Wood, a registered nurse and sexual and reproductive health specialist at Alberta Health Services.

9 p.m. to 1 a.m. or 1 to 5 a.m. *Best time for your beauty sleep*

It's before midnight for larks, later for owls. Beauty – or core – sleep is the best time for metabolic, immune-system and tissue recovery, says Dr. Samuels. It takes place within four hours of closing your eyes. But, adds Antle, to be properly rested you need a full seven and a half to eight hours of shut-eye to get both deep body-rejuvenating sleep and light brain-rejuvenating sleep.

4 to 5 a.m. *Best time to have a lucid dream*

Anyone who's ever said "I'll sleep on it" probably solved the problem just before waking up. That's because our most vivid and, some would say, meaningful dreams occur during rapid eye movement (REM) sleep, which becomes more frequent toward morning. As we return to consciousness, details may fade (did I fall off the cliff or did I jump?), so keep a notebook handy to jot down thoughts quickly.



11 p.m. *Best time to have sex*

Whether you're an owl or a lark, having sex comes down to two unromantic things: availability and scheduling. According to a study at the University of South Carolina's Circadian Rhythm Laboratory, most people make love between 11 p.m. and 1 a.m. Why? Participants cited "rigidity of the professional work schedule and family obligations and the availability of the partner," researcher Roberto Refinetti noted in the study. What's more, as you wind down, you're more relaxed – and more likely to enjoy yourself. *hm*



Introducing cauliflower that tastes like KD.

The great thing about new Kraft Dinner Smart macaroni and cheese isn't that it's made with a blend of cauliflower and wheat.
Nor the fact that it has ½ a serving of veggies in every helping*.
Nope. The great thing about new KD Smart? It has the same great taste as original KD.
So your kids won't even know they're eating vegetables.



KDSmart.ca

* Every helping of KD Smart is 50 grams, ¾ cup prepared and has ½ a serving of vegetables (cauliflower).

Scars
Stretch marks
Uneven skin tone

I never wrote a testimonial before for any sort of product. But then, I have never been impressed or happy with any of the results until now! I saw a Bio-Oil ad in a magazine and I have to admit I was totally sceptical but decided to give it a go. It has been over a month that I've been using Bio-Oil twice a day and the stretch marks on my stomach have started to look so much better! So I just wanted to let you know that this product is working for me and I will continue using it. And the 'under $20 price tag' is an extreme plus!

Alexandria Pelletier

Bio-Oil® is a skincare oil that helps improve the appearance of scars, stretch marks and uneven skin tone. It is also highly effective for aging and dehydrated skin. Bio-Oil is a combination of natural oils and vitamins, together with the breakthrough ingredient PurCellin Oil™. For comprehensive product information, and details of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers. Results will vary from individual to individual.

No.1

CANADA'S NO.1 SELLING SCAR AND STRETCH MARK PRODUCT
Nielsen, 2009



UNION SWISS | SUCCESSFULLY TREATING SKIN SINCE 1954

Health News

By Janet Rowe



Can yoga make you younger?

Regular yoga practice may help reduce blood levels of the cytokine interleukin 6 – an inflammatory compound linked to heart disease, diabetes, arthritis and aging. Ohio State University researchers who did blood tests on 50 women after subjecting them to stress found that those who had been practising yoga for years had cytokine levels that were 29 per cent lower than those who had just started classes.

Brown fat is good; yellow fat, not so much

As a plastic surgeon, Dr. James Lyons noticed two kinds of fat in the tummies he was tucking. Healthy fat, which makes us look youthful by filling out the skin, was coloured brown by a network of blood vessels. But the pale yellow deposits he was removing were unconnected to any body systems. In *The Brown Fat Revolution* (St. Martin's Press, $32), Dr. Lyons presents a diet plan he hopes will trick your body into burning yellow fat while leaving the healthy brown fat.



PHOTOGRAPHY: THINKSTOCK

Name that pill

Grandma dropped her pill tray and now a cocktail of medications is scattered all over the floor. To the rescue: a database invented by two humanities computing professors at the University of Alberta that shows images of more than 1,000 pills in an easily sortable system. Lisa Given, one of the codevelopers, says: "We will have a web-based working prototype of the system by 2011." She envisions a free website that will help consumers, as well as pharmacists, emergency rooms and poison control centres, to identify pills.

Bad moods: good news?
An Australian psychologist who tested both Gloomy Guses and Polly-annas found that while people in chipper spirits are more creative and flexible, those with grumpy dispositions are more careful, clear-thinking and resilient. Negativ-ity makes you pay more attention, says Joe Forgas, while good moods inspire mental shortcuts.



beauty, canadian-style

Meet the brains



behind some of Canada's most iconic beauty brands, and discover why "our" products are beloved the world over. By Julia McEwen and Katherine Flemming

Melissa Shabinsky and Alexandra Zanella, Revolution Organics

eco-chic warriors

What's your beauty philosophy?
We're an open-kimono kind of brand. You can read absolutely everything about our products on our packages. There are no hidden words, no big spins.

What is Canada's beauty style?
Canadian women are a lot more conscious of what they put on their skin.

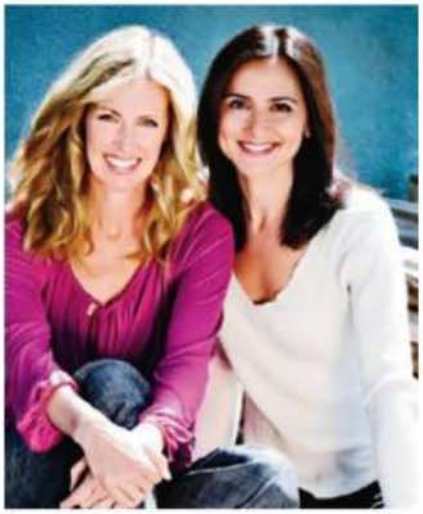
What's your favourite product?
Melissa: Revolution Organics Freedom Lip Gloss in Integrity – that's all I wear.
Alexandra: The All-Over Body Balm. It's a solid stick and you can use it everywhere.

Who are your favourite Canadian beauty icons?
Sarah McLachlan and Alanis Morissette. They're beautiful, natural gals who lead green lifestyles.

What's the best part of your jobs?
Thinking of new products that women will love. It really is exciting when they come off the line. It's like giving birth every time.

What does Canadian beauty mean to you?
Healthy, fresh-faced and natural-looking – but still with a little bit of glamour.

What do you think the future holds for beauty?
Right now, you have your science brands that are really taking it to the next level of technology and then you have your green brands that are in that emerging stage. Eventually we'll blend the two. >



Melissa Shabinsky and Alexandra Zanella founded Revolution Organics after a fruitless search for a green cosmetics line. In less than two years, the brand has been endorsed by beauty editors and celeb fans, such as Vera Farmiga and Mary-Louise Parker. The company's skin-care and makeup line is available on The Shopping Channel and in green-beauty boutiques. The women have plans to add more than 20 new products to their collection this fall.

PHOTOGRAPHY: MICHELLE VALBERG (THIS PAGE); LARA FISHBEIN (OPPOSITE)



Hana Zalzal, Cargo

the game changer

Hana Zalzal is proof that small is big in the world of cosmetics. Cargo, the Toronto-based company she founded in 1996, quickly made a name for itself with its unique packaging (e.g., tear-away eye shadow pouches and compostable lipstick tubes) and innovative formulas. Today, Cargo's products are mainstays in top makeup artists' kits and are sold throughout Canada, the U.S., Europe and the Middle East.

What's your beauty philosophy?
Being yourself and being comfortable with who you are is what I find beautiful. I view makeup as a tool for self-expression.

What is Canada's beauty style?
It is a global one. We are such a multicultural society that exposure to different tastes and styles has given Canadian women a wonderfully open-minded and global approach to beauty.

What's your favourite product?
Cargo's Plantlove Lipstick, because it was a labour of love to develop. The lipstick is 100 per cent natural and packaged in a tube made entirely out of corn, so it is biodegradable. We were the first to use this plant-based plastic in cosmetics packaging.

Who is your favourite Canadian beauty icon?
Jeanne Beker. She has style, confidence and a Canadian flair!

What's the best part of your job?
Seeing a woman's mood and posture change after a little makeup is applied.

What do you think the future holds for beauty?
More advances in ingredients – for example, active ingredients for added-care benefits and unprecedented breakthrough formulas for high-definition filming. >

Buzzworthy

Try some of our favourite products that have recently hit the shelves.

1. *Cake Milk Made Body Smoothing White Sugar Scrub, 600 g, $32.*
2. *Joe Fresh Style Nail Polish in Cherry, 6 mL, $4 each or three for $10.*
3. *Live Clean Exotic Nectar Argan Oil Restorative Shampoo, 350 mL, $7.*



PHOTOGRAPHY, LARA FISHBEIN (PRODUCTS)

TM Trademark. © Mars Canada Inc., 2010. All rights reserved.

fetch

your dog-loving friends. They're going to want to hear this. We've created a dog food with ingredients that help protect and defend your dog's health. New Natural Defense™ premium food for dogs harnesses the power of nature. It contains natural extracts chosen for their scientifically proven benefits. With the help of marigold, myrtle, green-lipped mussels and chicory, along with vitamins, minerals and other trace nutrients, it's a proactive approach to your dog's health. For a healthy, happy dog today and years from today – now isn't that fetching? **Ask more from your dog food.**

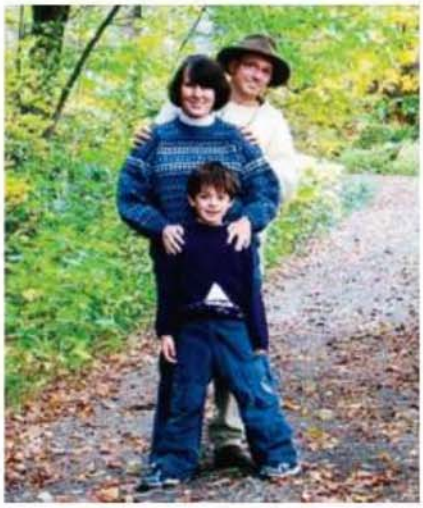


naturaldefense.ca









Alain Ménard and Karen Clark are the husband-and-wife founders of The Green Beaver Company. What started out as a toothpaste-making venture in their kitchen more than seven years ago has become a certified-organic line of cosmetic, skin-care and body products available through online stores and at health food stores across the country. Green Beaver is adamant about not using chemicals in its products.

Alain Ménard and Karen Clark, The Green Beaver Company

a natural selection

What's your beauty philosophy?
We decided about three years ago to use as many Canadian organic ingredients as possible. When you're not importing something from far away, you know you're polluting less. But more importantly for us, the more you buy from Canadian organic farmers, the less pesticide is being spread on our land.

What is Canada's beauty style?
Wholesome and pure.

What's your favourite product?
Alain: The Green Beaver Company Après-Ski Winter Body Lotion. It works unbelievably well and very simply. It has colloidal oatmeal, which is an old remedy.
Karen: The Grapefruit Gel Facial Cleanser.

Who is your Canadian beauty icon?
Sarah McLachlan – she is also into organics!

What's the best part of your jobs?
The satisfaction you get when somebody writes an email to you saying, "I have sensitive skin and I've tried everything; then I tried your lotion and it worked for me."

What do you think the future holds for beauty?
In the next 10 years, we'll see certified-organic beauty products. I think 10 years from now people will not even think about putting chemicals on their skin.>

Canadian classics

There's a reason we keep coming back to these homegrown products: They work!

1. *Lise Watier Portfolio Professional Corrector, 25 g, $29.* ***2.*** *M.A.C Lipstick in Twig, 3 g, $16.50.* ***3.*** *Ojon Revitalizing Mist, 142 mL, $28.*



PHOTOGRAPHY: LARA FISHBEIN (PRODUCTS)

TM Trademark. © Mars Canada inc., 2010. All rights reserved.

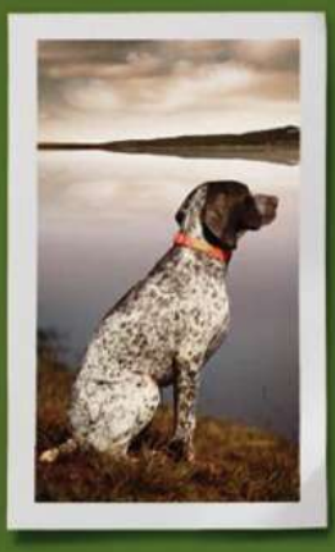
sit

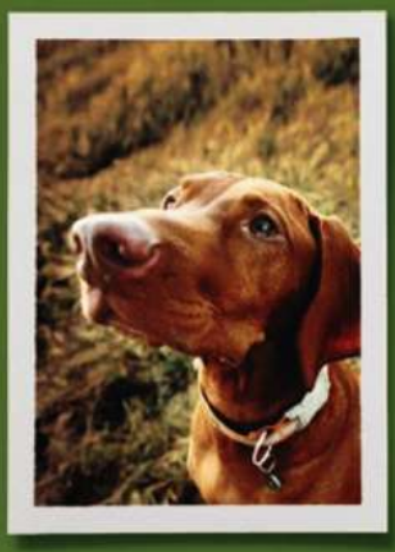
down for a moment. We've got some exciting news. There's been a development in dog food that may change what you're feeding your dog. New Natural Defense™ premium food for dogs is made with the help of Mother Nature herself. With ingredients from nature, chosen for their scientifically proven benefits, it's a great way to proactively protect and defend your dog's health. With natural extracts like marigold, myrtle, green-lipped mussels and chicory, plus vitamins, minerals and other trace nutrients, it's a proactive approach to your dog's health. Eating right today for a healthy dog tomorrow. It's a good idea no matter where you're sitting. **Ask more from your dog food.**



naturaldefense.ca









Pinki Gosal, Priti Patel and Monal Patel founded Vasanti with a mission to create products to flatter yellow-based skin tones. Ten years later, their brand has secured an incredibly loyal fan base centred on the celebration of individual skin tones and colours. Vasanti now offers solution-based skin-care and cosmetic products, which are available at select Shoppers Drug Mart and Rexall Pharma Plus locations.

Pinki Gosal, Priti Patel and Monal Patel, Vasanti

the colour queens

What's your beauty philosophy?
Our tagline is "I love my colour." We want women to embrace how naturally beautiful they are, and we want to give them great products to enhance their beauty. When a woman looks great she expresses an added confidence and feels happier.

What is Canada's beauty style?
Understated elegance.

What's your favourite product?
Vasanti Wonders of the World Concealer and Eye Wonder Triple Action Eye Treatment Cream.

Who is your favourite Canadian beauty icon?
Karen David. She represents the epitome of beauty inside and out.

What's the best part of your jobs?
Working in the lab, playing with colours and new ingredients to develop the next greatest product.

What do you think the future holds for beauty?
As we develop new cosmetic products, we are placing a strong focus on using ingredients that are beneficial to the skin.

For sources, see page 62. **hm**

canadian beauty

Check out our editors' favourite summer beauty products at **homemakers.com/summerbeautyproducts**.

Insider secrets

These indie brands are a hit with beauty editors.

1. *The Soap Girl Cranberry Citrus Solid Body Butter, 55 g, $15.*
2. *Beauté Luminous Volume Gloss in Urge, 3 g, $26.* ***3.*** *Lovefresh Pink Grapefruit and Tangerine Lotion, 240 mL, $18.*



PHOTOGRAPHY: SABU (TOP); LARA FISHBEIN (PRODUCTS)

Peek Freans



Cookies Worth Picking.

Enjoy delicious flavours like Blueberry Brown Sugar with Flax, along with the added goodness of fibre and Omega-3*.

Peek Freans LifeStyle Selections... the cookies you've been waiting for.



*Source of Omega-3 Polyunsaturated Fat

Cookies so good, you don't have to be.

a home & native

By: Andrew Chase *Photography:* Edward Pond *Food styling:* Andrew Chase *Prop styling:* Catherine Doherty



Clockwise from top right: Nova Scotia Italian-Style Lobster Sliders, Manitoba Wild Rice Breadsticks with Saskatchewan Red Lentil Dip, Prince Edward Island Fried Mussels with Skordalia, Ontario Spiced Strawberry Shortcake, Alberta Steak and Tomato Salad, and P.E.I. Caesars >

spread

"From the rolling fields of wheat to the busy city streets / There's a feeling and a spirit all our own... / From the east to the west we roam / This is our home." - *Mike Plume Band*



Manitoba

Wild Rice Breadsticks

The only cereal native to Canada, wild rice grows abundantly in Manitoba's wetlands. It adds depth of flavour, as well as visual appeal, to these breadsticks.

⅔ cup / 150 mL wild rice
1 tbsp / 15 mL malt or brown rice syrup or liquid honey
1 tsp / 5 mL active dry yeast
1¾ cups / 425 mL (approx) all-purpose flour
⅓ cup / 75 mL whole wheat flour
½ tsp / 2 mL fine (table) salt
3 tbsp / 45 mL sunflower, canola or vegetable oil
2 tsp / 10 mL coarse salt

- Bring 4 cups/1 L water to boil; add rice and boil, uncovered, over medium heat until rice is tender and most of the kernels have split open, 30 to 40 minutes. Reserving ⅔ cup/150 mL of the cooking liquid, drain.
- Stir malt syrup into reserved cooking liquid until dissolved; let cool to lukewarm. Sprinkle yeast over liquid; let sit until frothy, about 10 minutes.
- In large bowl, whisk together flours and fine salt; stir in rice. Stir in yeast mixture and 2 tbsp/30 mL of the oil to form shaggy dough. Turn out onto lightly floured work surface and knead, adding more flour if dough is too wet, until elastic, 5 to 10 minutes. Form into ball; place in greased bowl and turn to grease. Cover; let rise in warm place until doubled in bulk, about 90 minutes.
- Gently push down dough; turn out onto lightly floured work surface and knead lightly. Divide and form into 3 equal balls; cover with tea towel and let rest 10 minutes.
- Divide each ball into 12 equal pieces; with hands, lightly roll each into about 4-inch/10 cm long cigar shapes and let rest for 2 to 3 minutes.
- Roll each cigar into 12-inch/30 cm long rope. Arrange on 2 parchment paper–lined or greased baking sheets; brush tops with remaining oil and sprinkle with coarse salt, gently rolling breadsticks to let salt adhere to sides. Let stand in warm place for 15 minutes.
- Bake in 375°F/190°C oven, rotating and switching pans halfway through, until breadsticks are crisp and golden, about 15 minutes in convection or 18 to 20 minutes in conventional oven. Let cool on pans on racks. *Makes 36 breadsticks.*

Per breadstick: about 48 cal, 1 g pro, 1 g total fat (trace sat. fat), 8 g carb, 1 g fibre, 0 mg chol, 119 mg sodium, 24 mg potassium. % RDI: 3% iron, 8% folate.

Saskatchewan

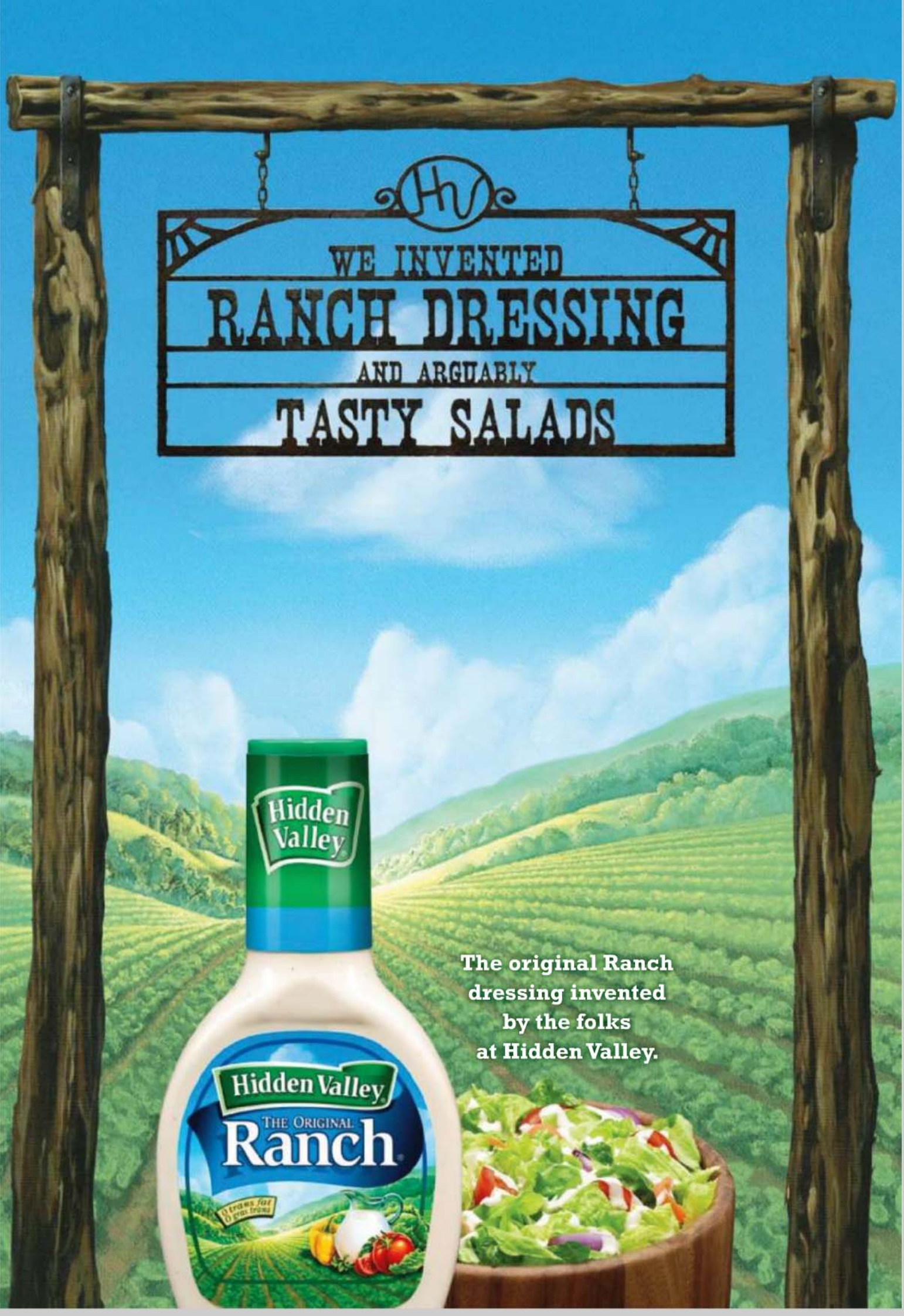
Red Lentil Dip

You might not think of lentils when you think of Saskatchewan, but the province produces 99 per cent of Canada's lentil crop. Red lentils break down when cooked, so they are ideal for soups and dips. Serve this dip with Manitoba Wild Rice Breadsticks (recipe, this page), toasted flatbreads, crackers or crudités.

1 cup / 250 mL red lentils
1 head garlic
3 tbsp / 45 mL lemon juice
¾ tsp / 4 mL salt
¼ cup / 60 mL extra-virgin olive oil
1¼ tsp / 6 mL hot paprika or 1 tsp/5 mL sweet paprika and ¼ tsp/1 mL cayenne pepper
½ tsp / 2 mL ground cumin
Generous pinch sweet paprika

- Rinse lentils in a few changes of cold water. Separate and peel whole garlic cloves.
- In saucepan, bring lentils, garlic and 3 cups/750 mL water to boil. Boil for 10 minutes; reduce heat and simmer, stirring occasionally for the first 15 minutes and often afterward, until lentils and garlic are soft, about 20 minutes. Raise heat to medium-high and cook, stirring, until mixture is moist but not watery, 1 to 4 minutes. With immersion blender, blend until smooth. (Or let cool for 10 to 15 minutes, then purée in food processor or blender). Let cool; whisk in lemon juice and salt.
- In small skillet, heat half of the oil over low heat; stir in hot paprika and cumin. Cook until fragrant and slightly darkened, 2 to 3 minutes (do not overcook or paprika will turn bitter). Scrape into lentil mixture; whisk until thoroughly mixed. Whisk in remaining oil. Scrape into shallow serving bowl; sprinkle with sweet paprika. *Makes about 2 cups.*

Per 1 tbsp/15 mL: about 38 cal, 2 g pro, 2 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 55 mg sodium, 73 mg potassium. % RDI: 1% calcium, 5% iron, 2% vit C, 15% folate. >


WE INVENTED
RANCH DRESSING
AND ARGUABLY
TASTY SALADS
Hidden Valley
Hidden Valley
THE ORIGINAL
Ranch
The original Ranch
dressing invented
by the folks
at Hidden Valley.

Prince Edward Island Fried Mussels with Skordalia

Prince Edward Island's mussels are some of the world's best and they deserve a good fry-up. This dish is a Greek-Macedonian favourite: fried mussels served with garlic sauce, or skordalia. P.E.I. mussels are usually sold in 2 lb/1 kg bags, so the recipe uses that amount, but the skordalia makes enough for 4 lb/2 kg of mussels (smaller amounts are difficult to prepare in the food processor).

2 lb / 1 kg mussels, cleaned and bearded
Generous pinch each salt and black pepper
⅓ cup / 75 mL all-purpose flour
3 tbsp / 45 mL cornstarch
Olive or sunflower oil for frying

Skordalia

4 slices white bread, crusts removed
1 tbsp / 15 mL red wine vinegar
2 tsp / 10 mL lemon juice
2 or 3 cloves garlic, smashed
¼ tsp / 1 mL salt
¼ cup / 60 mL extra-virgin olive oil

- **Skordalia:** Soak bread in ⅓ cup/75 mL water for 5 to 10 minutes; gently squeeze out water. Place bread in food processor with vinegar, lemon juice, garlic and salt; whir until smooth. With motor running, add oil in a stream to make smooth sauce.
- Place mussels in covered saucepan with ⅔ cup/150 mL water. Cook over high heat until mussels open. Drain, discarding any unopened mussels; reserve liquid to make P.E.I. Caesars (recipe below) or to freeze to add to seafood sauces or soups later. Remove mussels from shells; place in colander. Sprinkle with salt and pepper; mix with flour and cornstarch to coat, shaking out excess through colander.
- In skillet, heat ¾ inch/2 cm oil over medium-high heat until haze appears on surface; fry mussels, in batches if necessary, until golden and crispy, 2 to 3 minutes. Drain on paper towels. Serve with Skordalia. *Makes 4 to 6 appetizer servings.*

Per each of 6 servings: about 134 cal, 7 g pro, 6 g total fat (1 g sat. fat), 13 g carb, trace fibre, 13 mg chol, 161 mg sodium, 78 mg potassium. % RDI: 1% calcium, 15% iron, 2% vit A, 5% vit C, 16% folate. >

P.E.I. Caesars

Steaming a 2 lb/1 kg bag of mussels (as you do in the Prince Edward Island Fried Mussels with Skordalia recipe above) produces just the right amount of juice for a pitcher of fresh Caesars.

4½ cups / 1.125 L chilled sodium-reduced tomato juice or vegetable cocktail
1 cup / 250 mL (approx) chilled mussel-steaming juice
1 cup / 250 mL chilled vodka
2 tbsp / 30 mL lime juice
4 tsp / 20 mL freshly grated or prepared horseradish
1 tbsp / 15 mL Worcestershire sauce
¾ tsp / 4 mL hot pepper sauce
½ tsp / 2 mL (approx) celery salt
¼ tsp / 1 mL pepper
Lime slices
Small stalks celery

- In pitcher, stir together tomato juice, mussel juice, vodka, lime juice, horseradish, Worcestershire sauce, hot pepper sauce, celery salt and pepper. Top up with ice. Serve in glasses rimmed with more celery salt and garnished with lime slices and celery stalks. *Makes 6 to 8 servings.*

Per each of 8 servings: about 95 cal, 1 g pro, 0 g total fat, 6 g carb, 1 g fibre, 1 mg chol, 321 mg sodium, 81 mg potassium. % RDI: 2% calcium, 11% iron, 5% vit A, 18% vit C, 5% folate.

TIP Skordalia (also called skorthalia) is a garlic sauce traditionally made with bread and/or boiled potatoes. It often includes walnuts, almonds or pine nuts, but when pairing it with delicate seafood, I prefer the lightest preparation, made only with bread and a little lemon juice to augment the vinegar.



Prince Edward Island Fried Mussels with Skordalia

HOMEMAKERS Best TESTED

New Brunswick

Potato and Quahog Soup

This soup features two of New Brunswick's best foods: potatoes from the province's rough and ragged soil, and clams from its rich yet rugged seashore.

3 to 4 lb / 1.5 to 2 kg quahogs or cherrystone clams or 3 lb/1.5 kg littleneck clams
½ cup / 125 mL dry white wine
1 large sweet or white onion, chopped
3 stalks celery with leaves, chopped
3 sprigs parsley
1 bay leaf
½ tsp / 2 mL (approx) salt
Pinch black pepper
Pinch ground mace or nutmeg
Pinch dried savory
Pinch dried thyme
1 lb / 500 g yellow-fleshed or white potatoes, peeled and diced
½ cup / 125 mL whipping cream
2 tbsp / 30 mL finely chopped chives or parsley

- Place well-rinsed clams in large saucepan with wine and ½ cup/125 mL water; cover and steam clams over medium-high heat until opened, about 10 minutes. (Discard any unopened clams.) Reserving cooking liquid, remove clams from pot and let cool; chop meat, discarding shells.
- Add 3 cups/750 mL water to clam cooking liquid in saucepan; add onion, celery, parsley, bay leaf and salt. Bring to boil; reduce heat and simmer until vegetables are very soft, about 20 minutes. Discard parsley and bay leaf. With immersion blender, or in blender in batches, purée soup. Return to simmer. Season to taste with pepper, mace, savory, thyme and a pinch salt; add potatoes and simmer until tender, 15 to 20 minutes. Stir in cream; bring to boil. Add clams; stirring, return to simmer and cook for 1 minute. Ladle into bowls and top with chives. *Makes 4 to 6 servings.*

Per each of 6 servings: about 172 cal, 7 g pro, 7 g total fat (4 g sat. fat), 20 g carb, 2 g fibre, 37 mg chol, 246 mg sodium, 473 mg potassium. % RDI: 5% calcium, 38% iron, 11% vit A, 22% vit C, 13% folate.

British Columbia

Chili Dungeness Crab

Dungeness crab is emblematic of B.C.'s seafood and, for a province with a substantial multicultural Asian population, what better approach than a pan-Asian fusion? Chili crab is an iconic dish in Singapore's and Malaysia's Nonya cuisine, where Malay and Chinese traditions meet head-on for some of the most delicious cooking in the world.

1 cup / 250 mL coarsely chopped shallots
4 cloves garlic, smashed
1½-inch / 4 cm piece gingerroot, chopped
1 stalk lemongrass, minced
5 hot red finger peppers, minced, or 10 Thai bird's eye chilies, seeded and finely chopped
2 tsp / 10 mL shrimp paste or 2 tbsp/30 mL fish sauce
3 tbsp / 45 mL ground dried hot peppers
½ tsp / 2 mL turmeric
½ tsp / 2 mL salt
¼ cup / 60 mL ketchup
1 tbsp / 15 mL granulated sugar
1 tbsp / 15 mL soy sauce
2 tsp / 10 mL tamarind concentrate or 1½ tbsp/22 mL strained tamarind pulp
2 Dungeness crabs
⅓ cup / 75 mL peanut oil
2 green onions, cut in 1-inch/2.5 cm pieces
3 tbsp / 45 mL finely ground roasted peanuts

- In food processor, whir shallots, garlic and ginger until finely minced; set aside. In blender, purée lemongrass, finger peppers, shrimp paste and ½ cup/125 mL water until smooth. Stir in dried hot peppers, turmeric and salt; set aside. Mix together ketchup, sugar, soy sauce, tamarind concentrate and ½ cup/125 mL water until sugar is dissolved; set aside.
- Remove triangular tail shell from underside of each crab. With underside up, use large chef's knife or cleaver to cut body down centre, through head, into two. Pull off top shells. Pull off claws and, with side of knife, crack shells. Remove and discard sacs (lungs) from outside of body; cut each body piece in half, leaving two legs attached to each piece. Set all aside.
- In wok, heat oil over medium-high or high heat; fry shallot mixture, stirring constantly, until golden, 2 to 3 minutes. Add lemongrass mixture; >



A handful of **no regrets.** Want a simple snack without the guilty aftertaste?

Make sure fibre-filled, nutrient-rich California Almonds are always within reach. Just a handful a day can help you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**



© 2010 Almond Board of California. All rights reserved.

The Heart and Stroke Foundation's registered dietitians have reviewed California Almonds to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. healthcheck.org

Serving size: 28g or about 23 almonds. Amount per serving: Calories 160 (Calories from Fat 120), Total Fat 14g (Saturated Fat 1g, Polyunsaturated Fat 3.5g, Monounsaturated Fat 9g), Cholesterol 0mg, Sodium 0mg, Potassium 200mg, Total Carbohydrates 6g, Dietary Fibre 3g, Sugar 1g, Protein 6g, Vitamin A 0%, Vitamin C 0%, Calcium 8%, Iron 6%, Vitamin E 35%, Folate 4%, Magnesium 20%, Phosphorus 15%.

california almonds™
AlmondBoard.com

stir-fry until liquid evaporates and mixture is very fragrant, 2 to 3 minutes. Add crab pieces and any juices; stir-fry to coat.

- When top shells of crab turn red, remove from wok; set aside. Continue stir-frying until remaining shells turn red, 1 to 2 minutes; stir in ½ cup/125 mL water. Stir-fry until sauce is dry again, 3 to 5 minutes. Stir in ketchup mixture; stir-fry until crab is fully cooked and sauce is moist but not runny, 4 to 5 minutes. Stir in green onions and peanuts. Transfer to serving plate; arrange reserved top shells over top. *Makes 4 servings.*

Per serving: about 378 cal, 22 g pro, 23 g total fat (4 g sat. fat), 25 g carb, 4 g fibre, 66 mg chol, 994 mg sodium, 801 mg potassium. % RDI: 9% calcium, 18% iron, 39% vit A, 43% vit C, 30% folate.

Nunavut
Roasted Arctic Char Fillets with Brown Butter

The colder the water the sweeter the fish; that's why Nunavut's pristine cold waters produce char with incomparably fine, sweet flesh. Of course, butter and lemon come from more southern climes; but isn't a little synthesis what Canada is about?

⅓ cup / 75 mL unsalted butter
1 large shallot, thinly sliced
2 cloves garlic, thinly sliced
½ tsp / 2 mL (approx) salt
2 tsp / 10 mL lemon juice
2 arctic char fillets (about 12 oz/375 g each)
Pinch white pepper
2 tbsp / 30 mL finely chopped parsley

- In small saucepan, melt butter over medium heat; cook, stirring, until butter begins to brown, 2 to 3 minutes. Stir in shallot, garlic and pinch salt; cook until softened, about 1 minute. Remove from heat; stir in lemon juice.
- Using some of the butter mixture, lightly coat bottom of baking dish large enough to snugly fit both fillets. Arrange fillets, skin side down, in dish; sprinkle with ½ tsp/2 mL salt and pepper. Spoon remaining butter mixture over top; sprinkle with parsley. >

Yukon
Wild Mushroom Knishes

In my restaurant days, I used to buy sacks of wild mushrooms from a forager who lived deep in the woods of the Yukon. Her annual trip to Toronto to sell mushrooms supported her for the rest of the year – a hippie dream made reality. I always admired (and was jealous of) her and her chosen lifestyle, and felt it represented the independent spirit of the territory. Her best mushrooms were pine mushrooms (matsutake), but they are very expensive. Use any fragrant dried mushroom (preferably wild) that you can find for these Western Canada–meets–eastern Europe pastries.

1 oz / 30 g dried wild mushrooms
1 lb / 500 g potatoes, peeled
2 tbsp / 30 mL sour cream
3 tbsp / 45 mL butter
1 large onion, finely chopped
1 clove garlic, minced
½ tsp / 2 mL salt
Pinch white pepper
2 green onions, finely sliced

Pastry

2 cups / 500 mL all-purpose flour
1 tsp / 5 mL baking powder
½ tsp / 2 mL each granulated sugar and salt
½ cup / 125 mL chilled unsalted butter, cubed
⅓ cup / 75 mL sour cream
1 egg

- **Pastry:** In food processor, pulse together flour, baking powder, sugar and salt; pulse in butter until consistency of coarse meal. Add sour cream and egg; pulse until dough sticks together when pressed. On lightly floured surface, knead lightly, just until smooth. Wrap in plastic wrap and let rest for 30 minutes. (*Make-ahead:* Refrigerate up to 1 day.)
- Soak mushrooms in 1 cup/250 mL warm water until soft, about 30 minutes. Reserving soaking liquid, drain and finely chop.
- Meanwhile, boil potatoes until tender; drain and return to pot. Over medium heat, steam



Roll into cylinder



Saw off pieces



Form pillow shapes

excess moisture from potatoes for 1 to 2 minutes. Remove from heat and mash with sour cream; set aside.

- In small skillet, melt butter over medium-high heat; sauté onion until golden brown, 6 to 8 minutes. Add garlic; sauté until fragrant, about 30 seconds. Add mushrooms, salt and pepper. Sauté until fragrant and lightly browned, 2 to 3 minutes. Pour in mushroom soaking liquid; cook until mixture is moist but no liquid pools. Scrape into potato mixture; stir together. Stir in green onions.
- Roll out Pastry to form 18- x 10-inch/45 x 25 cm rectangle, with long edge facing you. Leaving 1-inch/2.5 cm border at bottom, spread mushroom filling over bottom two-thirds of dough; from bottom, roll up into cylinder, pinching together long edge and 2 ends. At 1½-inch/4 cm intervals, using the side of your hand in a sawing motion, divide into 12 pieces. (This should seal the edges, but pinch together any that aren't sealed.) Fold sides of each piece up to almost meet in centre; make indentation with finger in centre of each knish to form pillow-shaped rounds.
- Place knishes on parchment paper–lined baking sheet; bake in centre of 350°F/180°C oven until golden brown, 40 to 45 minutes. Let cool on pan on rack. Serve warm or at room temperature. *Makes 12 knishes.*

Per knish: about 229 cal, 4 g pro, 13 g total fat (8 g sat. fat), 26 g carb, 2 g fibre, 47 mg chol, 250 mg sodium, 183 mg potassium. % RDI: 3% calcium, 9% iron, 11% vit A, 5% vit C, 25% folate.



- Roast in 425°F/220°C oven until fish flakes easily when tested, about 8 minutes per ½ inch/1 cm thickness. *Makes 4 servings.*

Per serving: about 316 cal, 34 g pro, 20 g total fat (11 g sat. fat), 1 g carb, trace fibre, 141 mg chol, 501 mg sodium, 559 mg potassium. % RDI: 2% calcium, 7% iron, 18% vit A, 8% vit C, 2% folate.

Nova Scotia
Italian-Style Lobster Sliders

I don't like to intrude much on such a Down East classic, but I think even purists will like this Nova Scotia lobster with an Italian flair. It's hors d'oeuvres heaven!

3 lb / 1.5 kg lobsters, cooked (about 12 oz/375 g cooked lobster meat)
1 cup / 250 mL diced fennel bulb
⅓ cup / 75 mL mayonnaise
3 tbsp / 45 mL minced red onion
2 tbsp / 30 mL sliced caper berries or 4 tsp/20 mL drained capers
2 tbsp / 30 mL chopped fennel fronds
1½ tbsp / 22 mL extra-virgin olive oil
1½ tsp / 7 mL lemon juice
¼ tsp / 1 mL salt
Pinch black pepper
1 loaf sliced ciabatta or other white bread or 24 (approx) mini hamburger buns



Nova Scotia Italian-Style Lobster Sliders

- Remove lobster meat from shells and chop; mix in green or yellow tomalley (lobster liver) if desired.
- In pot of boiling salted water, blanch fennel until tender-crisp, about 20 seconds. Drain; chill under cold water and drain well.
- Mix together lobster meat, fennel, mayonnaise, onion, caper berries, fennel fronds, oil, lemon juice, salt and pepper. With 2-inch/5 cm round cutter, cut out 48 rounds from ciabatta slices. Scoop heaping tablespoonful/15 mL of lobster mixture onto each of 24 ciabatta rounds; top with remaining rounds. *Makes 24 sliders.*

Per slider: about 74 cal, 4 g pro, 4 g total fat (1 g sat. fat), 6 g carb, trace fibre, 12 mg chol, 183 mg sodium, 81 mg potassium. % RDI: 2% calcium, 3% iron, 1% vit A, 2% vit C, 10% folate.

Northwest Territories
Gin-Soused Game Burgers

Like all game meat, caribou is exceptionally tasty, but it is also very lean, so a little bacon improves the texture. Use a gin with a good, strong juniper berry flavour, such as Beefeater or Gordon's. Serve the burgers on buns with hot mustard and pickles.

1 lb / 500 g ground caribou, elk, venison, moose or other game meat
¼ cup / 60 mL gin
1½ tsp / 7 mL Worcestershire sauce
½ tsp / 2 mL salt
¼ tsp / 1 mL black pepper
4 oz / 125 g bacon, diced
1 onion, finely chopped

- Mix together caribou, gin, Worcestershire sauce, salt and pepper; refrigerate for 2 to 8 hours.
- In skillet over medium heat, fry bacon until crispy; add onion and fry until golden. Let cool. Scrape over caribou mixture; mix until combined. Form into 4 patties. >


the Salad
ReMixed
pure KRAFT dressings, made only with natural flavours.
Savour the flavour of roasted red peppers, aged Parmesan, sweet raspberries, juicy mandarin oranges, and more. Remixes don't get tastier than that.
KRAFT
KRAFT
KRAFT
pure KRAFT

- Grill patties on greased grill, or fry in greased skillet, over medium heat, turning once, until no longer pink inside or meat thermometer registers 160°F/71°C, about 15 minutes.
 Makes 4 burgers.

Per burger: about 295 cal, 29 g pro, 17 g total fat (9 g sat. fat), 4 g carb, trace fibre, 113 mg chol, 537 mg sodium, 373 mg potassium. % RDI: 3% calcium, 41% iron, 5% vit C, 4% folate.

Quebec
Cauliflower Gratin with Oka Cheese

Oka is one of Quebec's oldest and best-known cheeses. It's been made by Trappist monks since 1893 and was fashioned after France's Port Salut cheese.

1 head cauliflower (about 2 lb/1 kg untrimmed)
3 tbsp / 45 mL butter
2 cups / 500 mL chopped onion
3 tbsp / 45 mL all-purpose flour
Pinch each salt, cayenne pepper, white pepper and nutmeg
1½ cups / 375 mL milk
1½ cups / 375 mL diced Oka Classique cheese (about 7½ oz/215 g)

- In large pot of boiling salted water, blanch whole cauliflower until tender-crisp, about 6 minutes. Drain; chill under cold water and drain well. Slice into wedges; arrange in buttered gratin dish.
- In saucepan, melt butter over medium heat; cook onion until evenly light golden, about 20 minutes. Stir in flour, salt, cayenne, white pepper and nutmeg; cook, stirring, for 1 minute. Stir in milk; stirring constantly, bring to boil. Reduce heat and simmer for 2 minutes. Remove from heat; add half of the cheese, stirring until melted. Spoon over cauliflower. Sprinkle with remaining cheese.
- Bake in centre of 450°F/230°C oven until bubbly and slightly browned, about 25 minutes.
 Makes 4 to 6 servings.

Per each of 6 servings: about 262 cal, 13 g pro, 18 g total fat (10 g sat. fat), 15 g carb, 3 g fibre, 64 mg chol, 271 mg sodium, 353 mg potassium. % RDI: 30% calcium, 6% iron, 21% vit A, 73% vit C, 29% folate.

all canadian
For more terrific recipes to serve at your Canada Day feast, visit **homemakers.com/canadadayrecipes**.

Alberta
Steak and Tomato Salad

Alberta is justly famous for its superb beef, celebrated here in a tasty summer tomato salad.

1 lb / 500 g ripe tomatoes
¾ tsp / 4 mL salt
1 lb / 500 g strip loin or tenderloin grilling steaks
1½ tsp / 7 mL black pepper
½ tsp / 2 mL ground cumin

Herb Oil
¼ cup / 60 mL packed basil leaves
¼ cup / 60 mL loosely packed flat leaf parsley
1 clove garlic
½ tsp / 2 mL salt
¼ cup / 60 mL extra-virgin olive oil
1 tsp / 5 mL wine vinegar

- With mandoline or sharp knife, slice tomatoes as thinly as possible. Arrange slices, overlapping in thin layer, to cover serving plate; sprinkle with ½ tsp/2 mL of the salt. Let sit for 45 minutes. Pour off liquid; pat tomatoes dry with paper towels.
- **Herb Oil:** Meanwhile, on cutting board, mince basil, parsley, garlic and salt until almost paste; scrape into bowl. Whisk in oil and vinegar.
- Sprinkle steaks all over with pepper, cumin and remaining salt. Grill over high heat until seared on outside and blue or rare on inside. Remove from heat; let sit 10 minutes. Slice thinly. Lay steak over tomatoes; drizzle with Herb Oil.
 Makes 6 to 8 servings.

Per each of 8 servings: about 154 cal, 13 g pro, 10 g total fat (2 g sat. fat), 3 g carb, 1 g fibre, 28 mg chol, 278 mg sodium, 286 mg potassium. % RDI: 2% calcium, 12% iron, 7% vit A, 17% vit C, 7% folate. >



New KRAFT Refrigerated Dressings are made with our finest ingredients like aged asiago cheese, extra virgin olive oil, and sweet shallots all combined in totally flavourful ways. Try all six, including Asiago Caesar, Barbeque Ranch and Raspberry Poppyseed. Look for them in the produce section and turn up the flavour on your salads today.

theSaladReMixed, that's

pure KRAFT

Newfoundland

Baba au Screech

Newfoundland's Screech rum pairs with the island's favourite molasses in this version of the French classic.

1 cup / 250 mL raisins
¼ cup / 60 mL Screech, amber or dark rum
2 tsp / 10 mL active dry yeast
2 tsp / 10 mL granulated sugar
1½ cups / 375 mL all-purpose flour
1 cup / 250 mL cake-and-pastry flour
2 tsp / 10 mL ground ginger
¼ tsp / 1 mL salt
4 eggs
½ cup / 125 mL molasses
½ cup / 125 mL unsalted butter, softened

Screech Syrup

¾ cup + 2 tbsp / 205 mL granulated sugar
⅔ cup / 150 mL Screech, amber or dark rum

- In glass bowl, microwave raisins in rum for 30 seconds. Cover, let sit until rum is absorbed, about 20 minutes.
- In small bowl, sprinkle yeast and sugar over 3 tbsp/45 mL warm water; let sit until yeast begins to foam, about 10 minutes. In separate bowl, whisk together flours, ginger and salt.
- Scrape yeast mixture into separate large bowl; mix in eggs. Beat in molasses. Gradually beat in flour mixture until dough is elastic. Beat in butter until thoroughly mixed. Mix in raisins.
- Scrape batter into well-buttered 10-inch/25 cm tube pan, smoothing top. Cover with kitchen towel and let rest in warm place until doubled in volume, about 2 hours. Bake in 375°F/190°C oven until skewer inserted in cake comes out clean, about 22 minutes. Run knife between cake and pan; turn cake out onto rack. Let cool.
- **Screech Syrup:** Place sugar in saucepan with ¾ cup/175 mL water; bring to boil and stir until sugar is dissolved. Remove from heat; stir in rum.
- Place cake on plate, top down; spoon half of Screech Syrup evenly over cake bottom. Flip cake over; with sharp-tined fork, poke holes all over top crust. Spoon remaining Screech Syrup over top of cake until cake has absorbed all the syrup. Let stand 2 to 3 hours before serving. (*Make-ahead:* Store at room temperature for up to 1 day.) *Makes 12 to 14 servings.*

Per each of 14 servings: about 297 cal, 4 g pro, 8 g total fat (5 g sat. fat), 47 g carb, 1 g fibre, 71 mg chol, 66 mg sodium, 311 mg potassium. % RDI: 4% calcium, 16% iron, 8% vit A, 26% folate.

Ontario

Spiced Strawberry Shortcake

What says Upper Canada more than a sedate strawberry shortcake? Here it's livened up with pepper and spice. It's the perfect summer dessert.

1 cup / 250 mL unsalted butter, softened
1 cup / 250 mL packed dark brown sugar
½ cup / 125 mL granulated sugar
5 eggs
⅓ cup / 75 mL sour cream or buttermilk
1 tsp / 5 mL vanilla
2 cups / 500 mL all-purpose flour
1 tsp / 5 mL black pepper
¾ tsp / 4 mL baking powder
½ tsp / 2 mL each ground ginger and cinnamon
¼ tsp / 1 mL each baking soda, ground cloves, nutmeg and salt
4 cups / 1 L hulled and sliced strawberries
2¼ cups / 540 mL unsweetened whipped cream

- Line 9- x 5-inch/23 x 12 cm loaf pan with parchment paper. In large bowl, beat butter with sugars until light and fluffy; one at a time, beat in eggs until light and creamy. Stir in sour cream and vanilla; batter will look curdled.
- In separate bowl, whisk together flour, pepper, baking powder, ginger, cinnamon, baking soda, cloves, nutmeg and salt; blend into batter.
- Scrape into prepared pan, smoothing top; bake in centre of 300°F/150°C oven until skewer inserted in cake comes out clean, about 90 minutes. Let cool in pan on rack for 10 minutes. Carefully lift cake from pan, remove parchment paper and transfer to rack; let cool completely. (*Make-ahead:* Wrap in plastic; store at cool room temperature for up to 2 days.)
- Slice cake. Spoon strawberries over cake slices; top with whipped cream. *Makes 12 servings.*

Per serving: about 445 cal, 6 g pro, 27 g total fat (16 g sat. fat), 48 g carb, 2 g fibre, 149 mg chol, 140 mg sodium, 233 mg potassium. % RDI: 7% calcium, 14% iron, 26% vit A, 55% vit C, 31% folate. *hm*



the Chicken Caesar ReMixed

New **KRAFT Sizzling Salads** kits, the entrée salads you make at home.

Talk about a duet! **KRAFT Sizzling Salads** kits include 2 bottles, a cooking sauce for your meat and a perfectly paired dressing for your greens. Now you can make restaurant-style entrée salads of your very own in 4 easy steps. **Try our Chicken Caesar, Greek Chicken, Asian Chicken, and Southwest Chicken varieties.**



theSaladReMixed, that's **pure KRAFT**

50% less salt.
100% you won't notice.



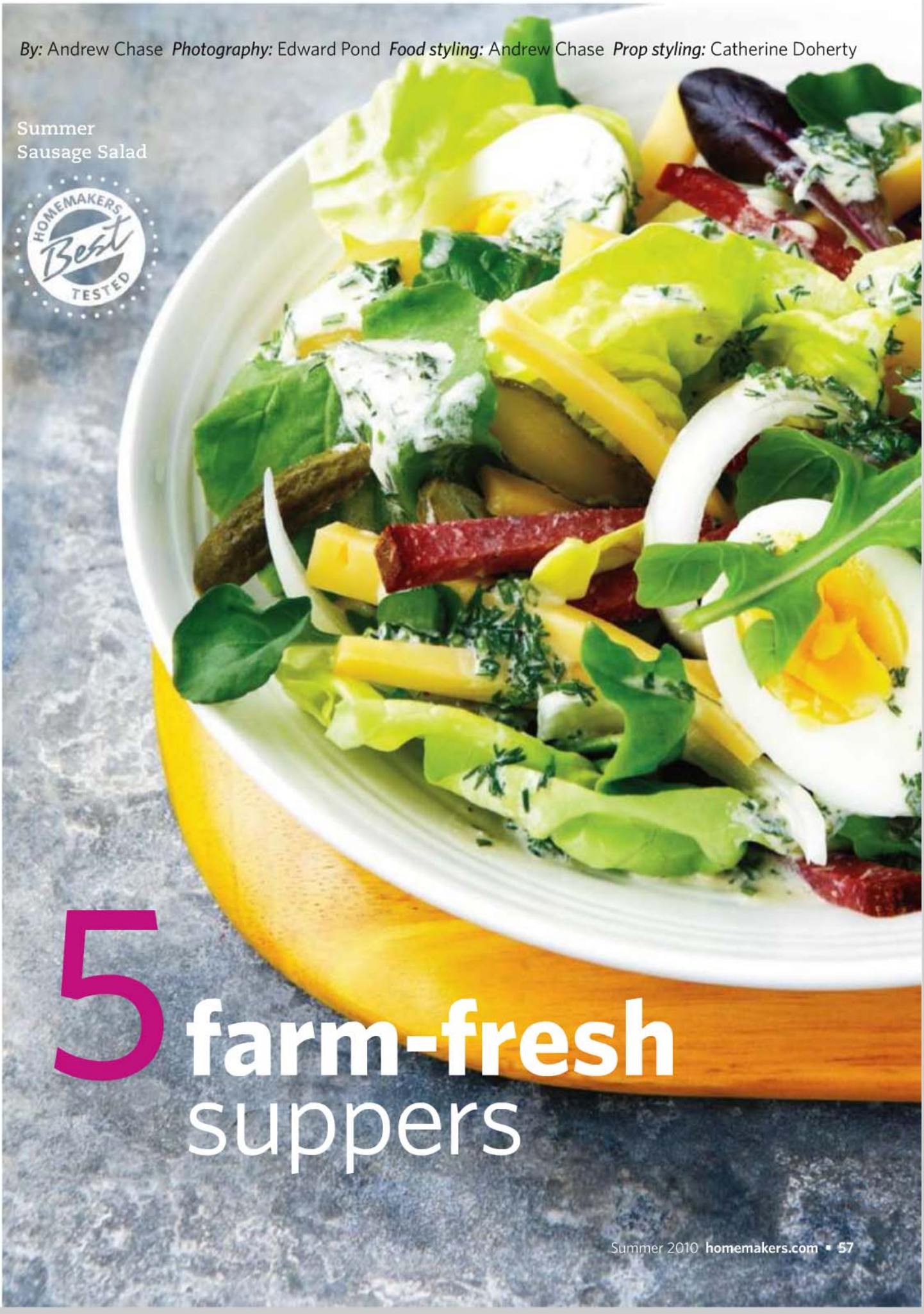
When you bite into a crunchy **Bick's**® Baby Dill Garlic Pickle with 50% less salt, the only words that will leap to your mouth are "that's one tasty pickle." Because less salt doesn't have to mean less taste. You'll love what isn't there. **www.bicks.ca**



©/® Smucker Foods of Canada Co.

By: Andrew Chase *Photography:* Edward Pond *Food styling:* Andrew Chase *Prop styling:* Catherine Doherty

Summer
Sausage Salad



5 farm-fresh suppers

WHAT'S FOR DINNER?

JULY RECIPE:

Flavourful Fajita Chicken with Santa Fe Style Rice



Prep Time: 15 minutes
Cook Time: 25 minutes
Serves: 4

WHAT YOU NEED:

- 4 boneless, skinless chicken breasts
- 1 tsp. ground cumin
- 1 tsp. dried oregano leaves
- 1 Tbsp. vegetable oil
- 1 large onion, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1-½ cups prepared salsa
- 1 pkg. Knorr® Sides Plus™ Veggies Santa Fe Style Rice, prepared according to package directions

HOW YOU MAKE IT:

Step 1

Lightly season your chicken with cumin and oregano. Continue by heating 1 tablespoon of vegetable oil in a large skillet and browning the chicken. Remove the chicken and set aside.

Step 2

Cook your onion and green pepper in the same skillet over medium heat, stirring for 5 minutes occasionally, or until the vegetables are tender. Stir in salsa and bring it to a boil over high heat. Reduce the heat and return the chicken to the skillet.

Step 3

Simmer while covered for 10 minutes or until chicken is thoroughly cooked. Serve with hot Knorr® Sides Plus™ Veggies Santa Fe Style Rice and enjoy!

Visit Knorr.ca
to discover how our family of products can help make more of your mealtimes

Knorr®
Every meal is an opportunity™



Trade-mark owned or used under license by Unilever Canada, Toronto, Ontario M4W 3R2

1 Summer Sausage Salad

Traditionally cured summer sausage is a specialty of many German-Canadian and Mennonite farmer's markets. It makes a mean salad when combined with farm-fresh eggs, new potatoes and summer greens.

8 oz / 250 g summer sausage
6 oz / 175 g extra-old Gouda cheese
8 cups / 2 L assorted salad greens
1 lb / 500 g boiled small new potatoes, at room temperature, whole or halved
4 hard-cooked eggs, peeled and halved
½ cup / 125 mL thinly sliced sweet onion
¼ cup / 60 mL sliced sour cornichons (French gherkins)

Dressing

1½ tbsp / 22 mL cider vinegar
1 tbsp / 15 mL mustard
2 tsp / 10 mL pickle juice from sour cornichons
½ tsp / 2 mL granulated sugar
Pinch black pepper
¼ cup / 60 mL olive or vegetable oil
2 tbsp / 30 mL mayonnaise
2 tbsp / 30 mL finely chopped chives
2 tbsp / 30 mL finely chopped fresh dill

- **Dressing:** Whisk together vinegar, mustard, pickle juice, sugar and pepper; whisk in oil and mayonnaise. Stir in chives and dill.
- Cut sausage and Gouda cheese into matchsticks. Toss with greens, potatoes, eggs, onion, cornichons and Dressing. *Makes 4 to 6 servings.*

Per each of 6 servings: about 473 cal, 20 g pro, 35 g total fat (13 g sat. fat), 20 g carb, 3 g fibre, 187 mg chol, 921 mg sodium, 707 mg potassium. % RDI: 25% calcium, 20% iron, 26% vit A, 35% vit C, 44% folate.

2 Sweet Corn Enchiladas

In these simple-to-make summer enchiladas, the fresh flavours of corn and zucchini are enhanced with three kinds of Mexican peppers: fresh green jalapeños, chipotles (smoke-dried fully ripe red jalapeños) and sweet, fruity ancho chili powder.

2 cups / 500 mL fresh corn kernels
1 cup / 250 mL finely diced zucchini
1 cup / 250 mL finely diced white or sweet onion
5 jalapeño peppers, seeded and finely diced
3 tbsp / 45 mL (approx) olive oil
¼ tsp / 1 mL salt
¾ cup / 175 mL passata (bottled strained tomatoes)
2 or 3 canned chipotle peppers, seeded and minced
2 to 3 tbsp / 30 to 45 mL adobo sauce (from canned chipotles)
1½ tsp / 7 mL ancho chili powder
½ tsp / 2 mL ground cumin
1 clove garlic, pressed or minced
14 corn tortillas or small whole wheat tortillas
4 oz / 125 g shredded smoked Cheddar or other smoked cheese (about 1½ cups/375 mL)
6 oz / 175 g fresh mozzarella, thinly sliced

- In microwave-safe bowl, toss together corn, zucchini, onion, jalapeños, 2 tbsp/30 mL of the oil and salt; cover and microwave on high, stirring once, until corn is just tender, 3 to 5 minutes. In separate bowl, stir together passata, chipotles, adobo sauce, 2 tbsp/30 mL water, chili powder, cumin and garlic; set aside.
- Brush both sides of each tortilla lightly with oil; arrange on baking sheet. Bake in 400°F/200°C oven until fragrant and pliable, about 3 minutes.
- Stir Cheddar cheese into corn mixture. Brush baking dish (large enough to hold enchiladas in one layer) lightly with oil. Place generous ¼ cup/60 mL corn mixture on each tortilla; roll up and place in baking dish. Spread passata mixture over enchiladas. Dot with mozzarella cheese.
- Bake in centre of 400°F/200°C oven until hot and bubbly, about 20 minutes. *Makes 6 servings.*

Per serving: about 398 cal, 16 g pro, 22 g total fat (9 g sat. fat), 39 g carb, 6 g fibre, 42 mg chol, 502 mg sodium, 354 mg potassium. % RDI: 33% calcium, 15% iron, 21% vit A, 17% vit C, 19% folate.

eat local!

Join the local-food movement by visiting a farmer's market near you and picking up some fresh vegetables. Find nationwide listings at **homemakers.com/farmersmarkets**.

3 Greek-Style Swiss Chard and Cheese Pasta

Swiss chard is always abundant in farmer's markets, and you might also find small producers who make tasty fresh cheese.

2 bunches Swiss chard (about 1 lb/500 g each)
½ tsp / 2 mL salt
12 oz / 375 g whole wheat pappardelle or other whole wheat pasta
3 tbsp / 45 mL extra-virgin olive oil
1 bunch green onions, thinly sliced
1 clove garlic, minced
8 oz / 250 g ricotta cheese (about 1 cup/250 mL)
6 oz / 175 g sheep's or goat's milk feta cheese, crumbled (about 1 cup/250 mL)
¼ tsp / 1 mL black pepper

- Strip leaves from Swiss chard stems (reserve stems for other use). In covered saucepan with ½ inch/1 cm water, steam leaves with ¼ tsp/1 mL of the salt until just tender. Drain; chop finely.
- In large pot of boiling salted water, cook pasta according to package instructions until al dente. Meanwhile, in large skillet or shallow Dutch oven, heat oil over medium heat; cook onions, garlic and remaining salt until onions are soft, about 2 minutes. Add Swiss chard and cook, stirring often, until soft, 3 to 4 minutes. Reserving ¾ cup/175 mL of the cooking liquid, drain pasta; add pasta and reserved cooking liquid to Swiss chard mixture with ricotta cheese, feta cheese and pepper. Cook, stirring, until heated through and no liquid pools in skillet, 2 to 3 minutes. *Makes 4 servings.*

Per serving: about 625 cal, 28 g pro, 28 g total fat (13 g sat. fat), 73 g carb, 10 g fibre, 68 mg chol, 1,215 mg sodium, 769 mg potassium. % RDI: 40% calcium, 40% iron, 43% vit A, 33% vit C, 24% folate. >

NEW

Becel LOVE YOUR HEART

imple goodness.



Introducing **NEW Becel® Vegan**, a delicious addition to the Becel family.

Made with only vegan ingredients, our newest margarine is both lactose-free and gluten-free.

NEW Becel Vegan. Add some simple goodness to your life.

To learn more about **NEW Becel Vegan** visit **www.loveyourheart.ca**

Trade-mark owned or used under license by Unilever Canada, Toronto, Ontario M4W 3R2.

4 Grilled Lamb Chops with Cucumber and Mint Salad

Farmer's markets often feature locally raised lamb, including quick-cooking lamb chops. And fresh, just-picked field cucumbers are a sweet prize of summer. Combine the two for a wonderful, speedy supper. (Prepare the cucumbers, then let them rest while you season and grill the lamb chops.) Smoked salt is a specialty salt that has recently become more widely available.

8 lamb chops (about 2 lb/1 kg)
1 tbsp / 15 mL (approx) olive oil
½ tsp / 2 mL smoked salt or sea salt
½ tsp / 2 mL black pepper
½ tsp / 2 mL (approx) sea salt

Cucumber and Mint Salad

2 field cucumbers, peeled if necessary, or 1 English cucumber, thinly sliced
1 tsp / 5 mL salt
Half red onion, thinly sliced
⅓ cup / 75 mL light sour cream or yogurt
¼ cup / 60 mL chopped fresh mint
3 tbsp / 45 mL lemon juice
1 tbsp / 15 mL granulated sugar
1 green hot pepper, seeded and chopped
1 small clove garlic, pressed or minced

- **Cucumber and Mint Salad:** In colander, toss cucumbers with salt; let stand for 30 minutes or until softened. Rinse under cold water; drain well. Meanwhile, in bowl of cold water, soak onion for 30 minutes; drain well. In salad bowl, whisk together sour cream, mint, lemon juice, sugar, hot pepper and garlic. Add cucumbers and onion; toss to coat. Let sit 15 minutes before serving.
- Meanwhile, brush both sides of chops with oil; sprinkle with smoked salt and black pepper. Grill on greased grill over high heat, turning once, until desired doneness, about 8 minutes for rare or 10 minutes for medium-rare. Sprinkle with sea salt to taste. Serve with Cucumber and Mint Salad. *Makes 4 servings.*

Per serving: about 344 cal, 36 g pro, 15 g total fat (5 g sat. fat), 15 g carb, 2 g fibre, 107 mg chol, 843 mg sodium, 782 mg potassium. % RDI: 10% calcium, 26% iron, 5% vit A, 18% vit C, 25% folate.

5 Spanish Rice with Poached Eggs

Artisan-cured chorizo sausage, peppers, bulb onions, fresh peas and free-range eggs are all exciting farmer's market ingredients that come together in this satisfying dish.

3 tbsp / 45 mL extra-virgin olive oil
2 fresh summer bulb onions or 1 Spanish onion, chopped
2 cloves garlic, minced
1½ cups / 375 mL short-grain rice (Valencia or arborio), rinsed and drained
3 tbsp / 45 mL tomato paste
1½ tsp / 7 mL paprika
¾ tsp / 4 mL (approx) salt
2 sweet green and/or red peppers, diced
8 oz / 250 g cured hot chorizo sausage, diced
Pinch saffron (optional)
2 sprigs fresh thyme >



1½ cups / 375 mL fresh peas (or frozen peas, thawed)
½ cup / 125 mL small green olives or pimiento-stuffed olives, halved
¼ cup / 60 mL finely chopped parsley
6 eggs, poached
Pinch black pepper

- In Dutch oven or large heavy-bottomed skillet, heat oil over medium heat; fry onions and garlic until onions are softened, 8 to 10 minutes. Stir in rice; fry, stirring occasionally, for 2 minutes. Push rice mixture away from centre of pan; add tomato paste and fry until slightly darkened, about 2 minutes. Stir tomato paste into rice with paprika and ¾ tsp/4 mL salt; fry, stirring, for 1 minute. Stir in sweet peppers, sausage and saffron (if using); place thyme in pan. Pour in 3¼ cups/810 mL water. Bring to simmer; reduce heat to low and cook, covered, for 12 minutes.
- Gently stir in peas and olives without breaking rice kernels (if using thawed peas, wait to add until last 3 minutes of cooking). Cover; continue cooking until all liquid is absorbed and rice is tender, about 7 minutes. Fluff with fork, stirring in parsley and removing thyme stems. Remove from heat; cover and keep warm for 10 minutes. Served topped with poached eggs; sprinkle yolks with pepper and a pinch salt on each. *Makes 6 servings.*

Per serving: about 565 cal, 22 g pro, 28 g total fat (8 g sat. fat), 55 g carb, 5 g fibre, 219 mg chol, 999 mg sodium, 578 mg potassium. % RDI: 6% calcium, 21% iron, 17% vit A, 65% vit C, 30% folate. ***hm***

SHOPPING SOURCES

Your Whole Life
Page 17:
Olsen Europe, olseneurope.com.

Healthy Living
Beauty, Canadian-Style
Pages 32 to 38:
Revolution Organics, The Shopping Channel; revolutionorganics.com. **Cargo**, The Bay; Sephora, 1-877-SEPHORA. **Cake Beauty**, Sephora; select HBC stores; cakebeauty.com. **Joe Fresh Style**, Real Canadian Superstores; joe.ca. **Live Clean**, major drugstores and mass-market retailers. **The Green Beaver Company**, health food stores; greenbeaver.com. **Lise Watier**, Shoppers Drug Mart; lisewatier.com. **M.A.C**, select Bay stores; maccosmetics.ca. **Ojon**, Murale; Sephora; The Shopping Channel; ojon.com. **Vasanti**, select Shoppers Drug Mart Beauty Boutiques; Rexall Pharma Plus; vasanticosmetics.com. **The Soap Girl**, thesoapgirl.ca. **Beauté**, beaute-cosmetics.com. **Lovefresh**, lovefresh.com.

Living Fully
Haut & Cool
Pages 69 to 73:
Winners, 1-877-WINN877, winners.ca. **Chapters and Indigo**, chapters.indigo.ca. **Mark's**, marks.com. **Accents de Ville**, 1-800-663-2384. **Rita Tesolin**, ritatesolin.com. **Pre Game**, abeautifullife.com. **Cinzia Designs**, cinziadesigns.com. **Cargo**, The Bay; Sephora, 1-877-SEPHORA. **The Bay**, hbc.com. **Sears**, 1-800-267-3277, sears.ca. **Home Outfitters**, 1-888-595-8786, home outfitters.com. **Swamisz**, swamisz.com. **Vapur**, raspberrykids.com. **Wallaroo Hat Company**, modinno.com. **Coola**, coolasuncare.com.





As part of healthy eating, this food may assist in achieving and maintaining a healthy body weight because it is fat free.

*©2010, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

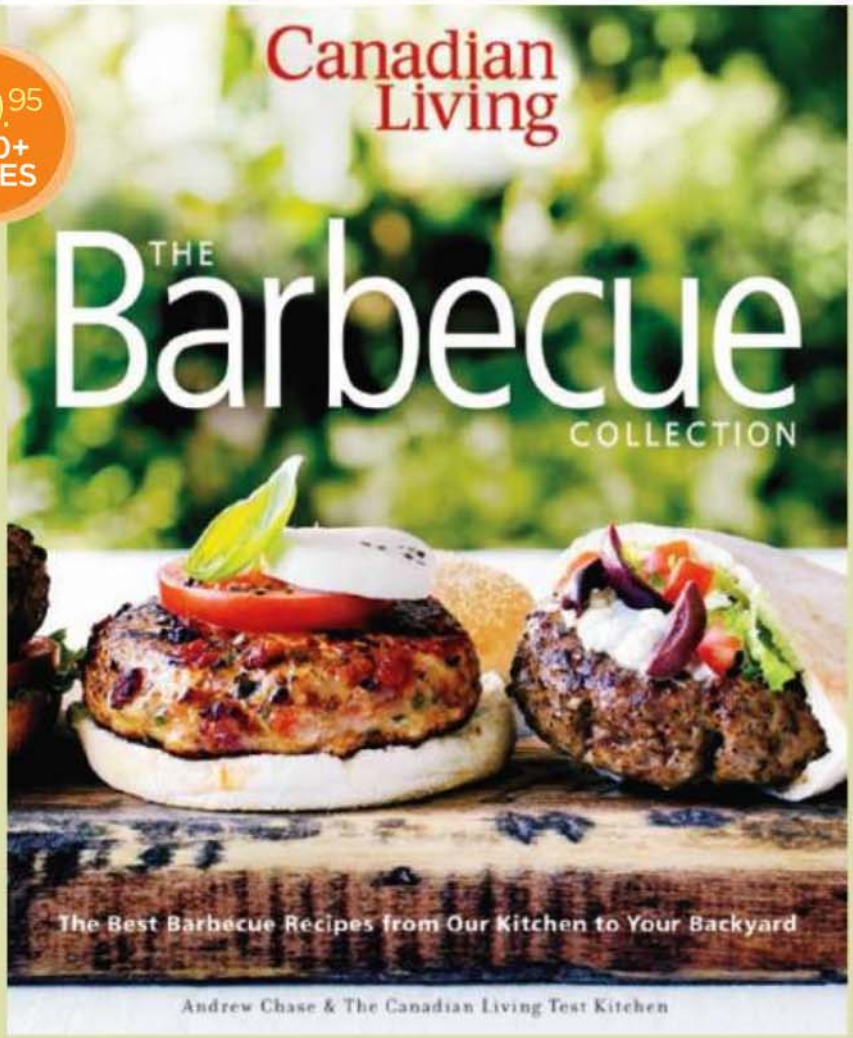






THE BEST BARBECUE RECIPES

From Our Kitchen to Your Backyard



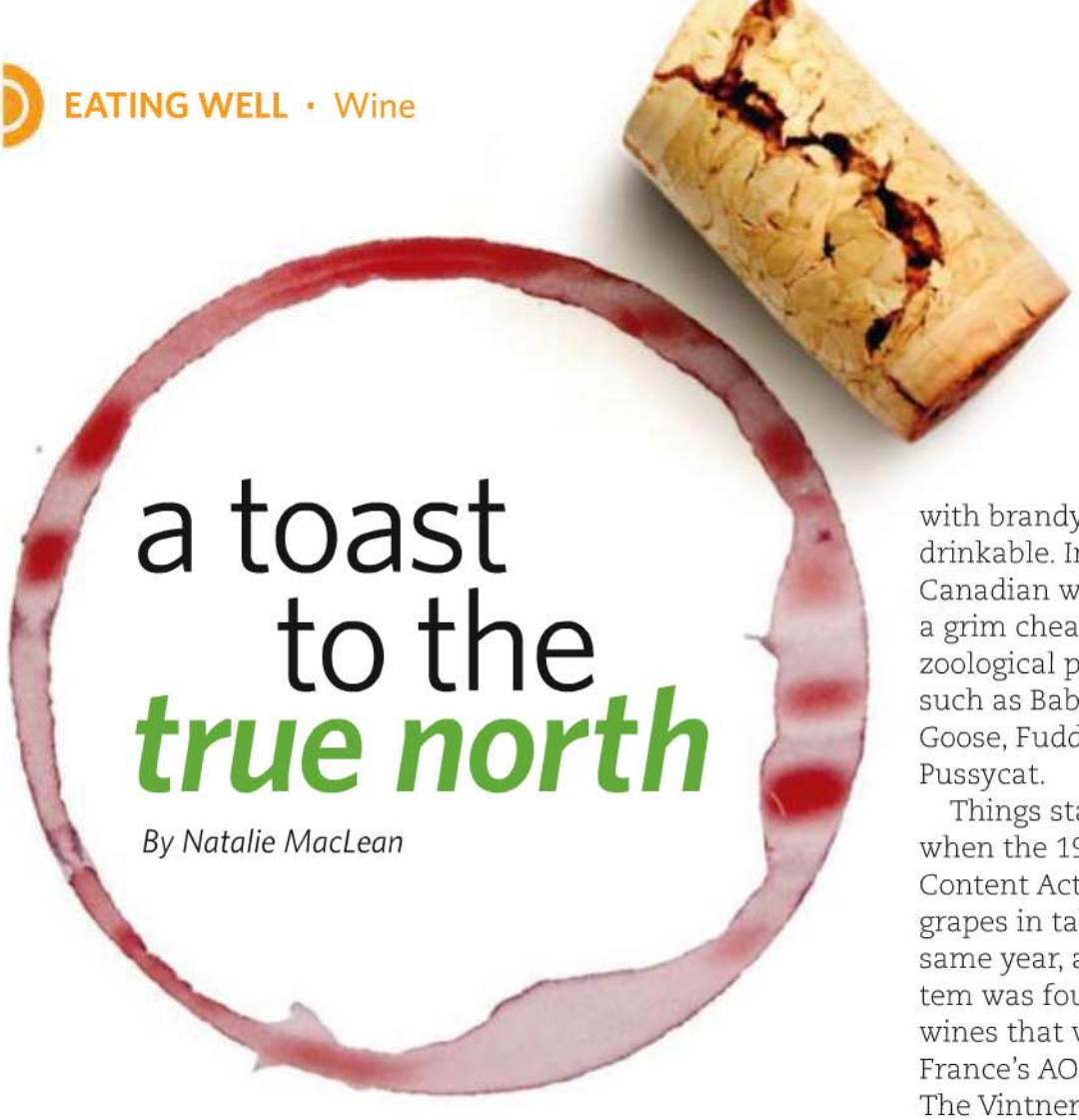
$29.95
500+ PAGES

Canadians love to grill.

Grilling is, of course, the most popular way to cook all summer long, but even in the depths of winter, you'll find Canadians coast-to-coast firing up their barbecues. Just in time for the start of the spring and summer barbecue season, *The Canadian Living Barbecue Collection* will give added inspiration and guidance to home cooks just when they are itching to get outside.

tested till perfect

ON SALE NOW!



a toast to the *true north*

By Natalie MacLean

What better way to celebrate Canada Day than with wines that are truly our own? Choice isn't a problem with more than 400 wineries operating in Canada. Although many Ontario and British Columbia wines are available nationally, those from smaller wineries may only be available in their home provinces. This makes them treats worth sampling if you encounter them during your summer travels.

Is Canada new to making wine?

Canada has a long history with the grape. Viking explorer Leif Eriksson, landing in what we now call Newfoundland around 1000 AD, called the place "Vinland" because grapevines were so plentiful. For years, Canadian wines were made from winter-hardy Labrusca grapes such as Concord and White Niagara. These produced nasty little wines that were fortified with brandy to make them drinkable. In the 1970s, Canadian wine went through a grim cheap-and-sweet zoological period, with wines such as Baby Duck, Gimli Goose, Fuddle Duck and Pussycat.

Things started to improve when the 1988 Ontario Wine Content Act banned Labrusca grapes in table wines. That same year, an appellation system was founded for Ontario wines that was similar to France's AOC and Italy's DOC. The Vintners Quality Alliance (VQA) guarantees that wines are grown and produced in Canada according to certain standards. Today, Canada is home to some of North America's most exciting wineries.

Natalie MacLean offers a free wine newsletter at nataliemaclean.com.



What to buy

2008 Sandhill Estate Vineyard Merlot, Okanagan Valley, B.C.: A brooding mix of violet, blackberry, anise and plum with vanilla spice on the finish. Decant for two hours. **Pair with:** Grilled Lamb Chops with Cucumber and Mint Salad, page 61. $20. Score: 89/100 >

PHOTOGRAPHY: JUPITERIMAGES UNLIMITED (WINE STAIN)

eSource

If you'd like more information about our advertisers, here's how to contact them.

AIR WICK
www.airwick.ca
ALL BRAN
www.AllBran.ca
BECEL
www.becel.ca
BIO-OIL
www.bio-oil.com
CHAPMAN'S ICE CREAM
www.chapmans.ca
DR. SCHOLLS
www.drscholls.com
IMODIUM
www.imodium.ca
KASHI
www.kashi.ca
KELLOGG'S
www.kelloggs.ca
KNORR
www.knorr.ca
KRAFT
www.kraftcanada.com
LISTERINE
www.listerine.ca
MCCAIN FOODS
www.mccain.ca
NATURAL DEFENCE
www.naturaldefense.ca
NESTLE
www.nestle.ca
ROC
www.rocskincare.ca
SMUCKERS - BICK'S
www.bicks.ca
SNUGGLE
www.snuggle.ca
SPECIAL K
www.specialk.ca
VASELINE
www.vaseline.ca



2007 Tinhorn Creek Vineyards Pinot Noir, Okanagan Valley, B.C.: Taste lovely ripe cherry and black raspberry in this silky, medium-bodied wine. Terrific acidity makes it both refreshing and mouthwatering. **Pair with:** Roasted Arctic Char Fillets with Brown Butter, page 48. $19. Score: 88/100



Domaine Pinnacle Ice Cider, Quebec: Richly layered flavours of ripe Granny Smith and Golden Delicious apples mix with apricot and cinnamon. This is apple pie in a glass. Yum! **Pair with:** Spiced Strawberry Shortcake, page 54; foie gras; hard cheeses; fruit flan. $30. Score: 90/100



2008 Huff Estates Riesling Off Dry, Ontario: A vivacious, lively white with aromas of nectarine, peach, pear, kiwi and lime. Just a touch of natural sweetness makes this wine – which took gold at the 2008 Canadian Wine Awards – extra delicious. **Pair with:** Greek-Style Swiss Chard and Cheese Pasta, page 59. $18. Score: 90/100



2008 Palatine Hills Riesling Traminer, Niagara Lakeshore, Ont.: A very pretty white with lovely field flower and white peach. A terrific aperitif for a great price! **Pair with:** Fried Mussels with Skordalia, page 44; Sweet Corn Enchiladas, page 59. $13. Score: 87/100 ***hm***

© 2010 Reckitt Benckiser (Canada) Inc.

New





AIR WICK
It's Good to be Home™

Aqua Mist.™ Release the freshness of nature in your home.

Introducing New Air Wick® Aqua Mist.™ Unlike aerosol products, its propellant-free trigger naturally releases a mist with fragrances inspired by the freshest places on earth. www.airwick.ca


We have rebuilt him.
Better. Softer. More Huggable.
We've rebuilt new Snuggle® fabric softener to deliver more **Snuggly** softness*™.
Our new and improved formula not only softens better than Downy, it costs less too**.
Try new and improved Snuggle today.
Snuggle
Softness now has a new HERO.
*vs. Original Snuggle and previous Ultra Snuggle. **Ultra Snuggle vs. Ultra Downy April Fresh based on average retail price per wash load at general merchandise and warehouse club. TM owned or used under license by The Sun Products Canada Corporation, Etobicoke, Ontario M8X 2X9

haute & cool

This summer, you'll be made in the shade on even the most smouldering days with our top 22 chic must-haves for beating the heat.

Produced by: Karen Kwinter *Illustration:* Rosie Scott
Photography: Mark Burstyn *Hair and makeup:* Hanoch Drori

Have an iced day

Frosty sippers help you stay cool and hydrated. No shade? An oversize hat lets you bring your own.

***Sun hat**, Winners, $30.*
***Cool It Cup**, Chapters and Indigo, $13.* >



Hot town

From the season's best read to the simplest dress ever, here's everything you need to survive summer in the city.

On her: ***Sundress***, *$80; and* ***flip-flops***, *$20; both Mark's.* ***Raffia tote bag***, *Accents de Ville, $40.* ***Necklace***, *Rita Tesolin, $395.* ***Parasol***, *B and J Trading, $4.* ***From left:*** **The Carrie Diaries** *(HarperCollins, $19.99) by Candace Bushnell.* ***Pre Game Texturizing Spray***, *120 mL, $23.* ***Sunglasses***, *Cinzia Designs, $75.* ***Cargo Tinted Moisturizer SPF 20***, *50 mL, $34.* >




CARGO Tinted Moisturizer SPF 20
Hydratant Teinté FPS 20
Non-Chemical Sunscreen, Oil-Free, Paraben Free
Écran solaire non-chimique, Sans huile, Sans parabène


Nalgene

Shore things

At the beach or in your own backyard, be a sol sister with protective – but eye-popping! – accessories.

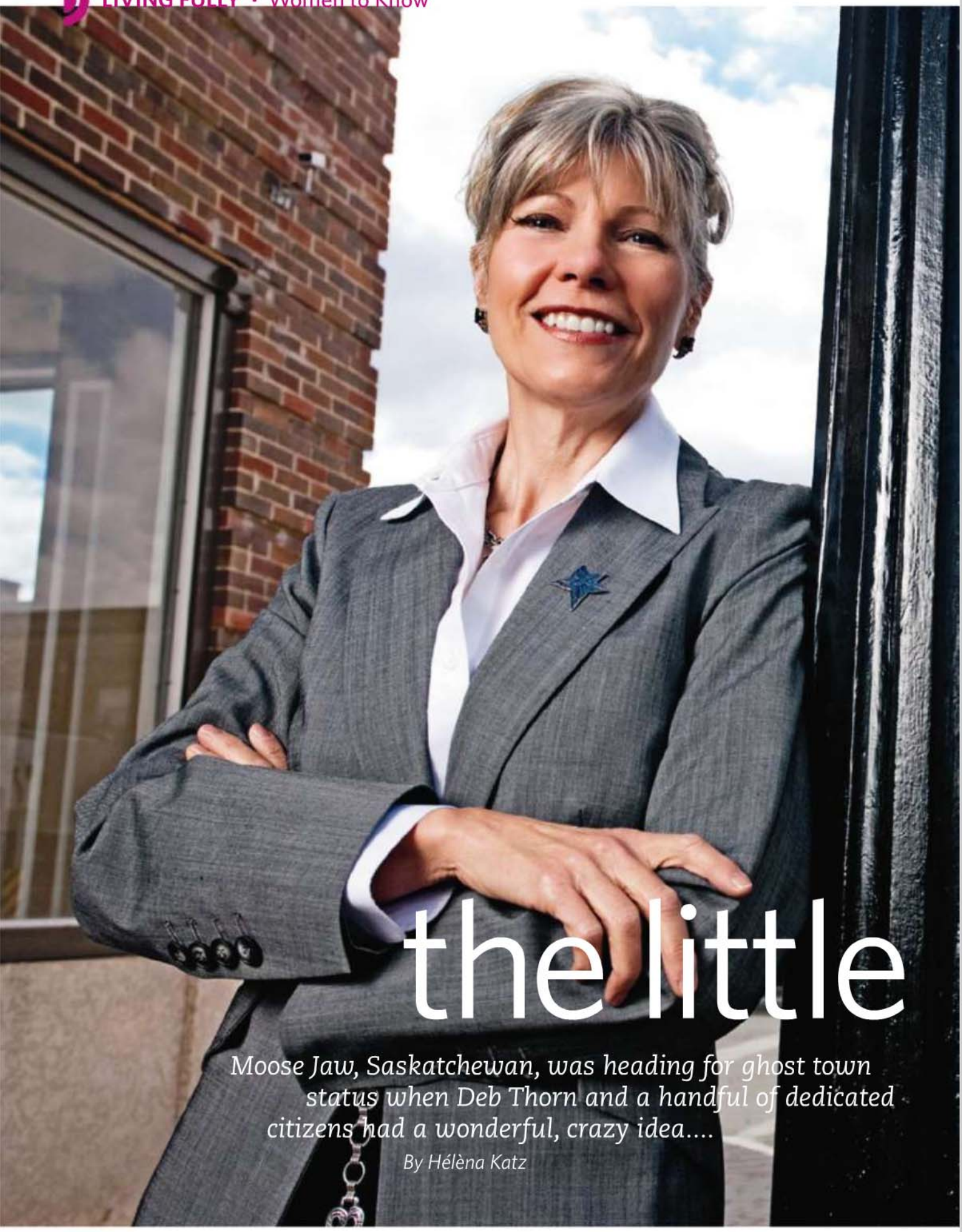
On her: ***Swimsuit***, *It Figures! at The Bay, $85.* ***Sunglasses***, *Cinzia Designs, $180.* ***Ipod Nano***, *Apple, $169.* ***From left:*** ***Chaise lounge***, *Home Outfitters, $30.* ***Silver tote***, *Winners, $40.* ***Towel***, *Sears, $8.* ***Sandals***, *Swamisz, $25.* ***Vapur Anti-Bottle***, *473 mL, $13.* ***Nostalgia Slushy Maker***, *Home Outfitters, $70.* ***Captiva sun hat***, *Wallaroo Hat Company, $50.* ***Coola Suncare Cucumber Face SPF 30***, *59 mL, $33.*

For sources, see page 62. ***hm***



keep your cool

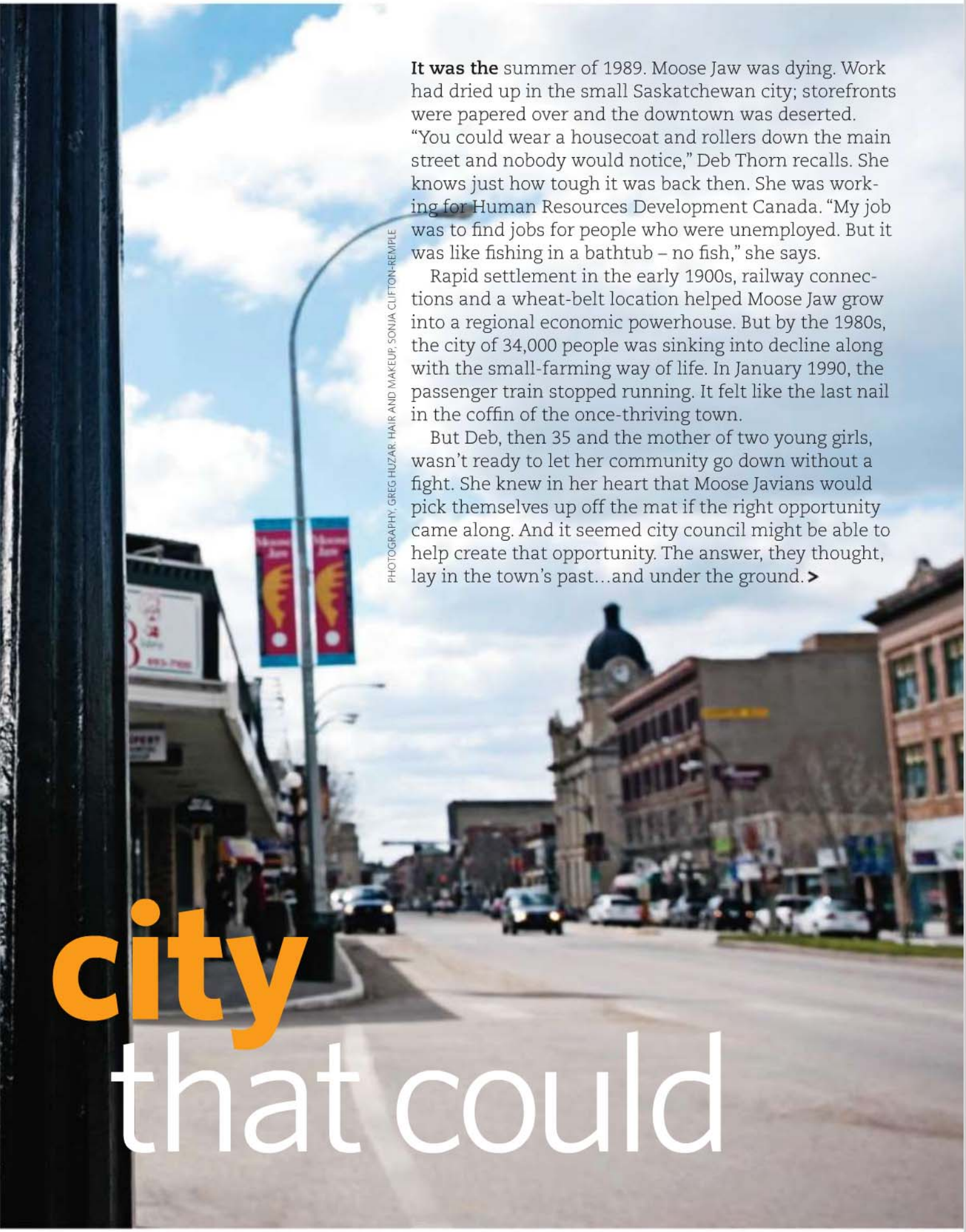
Find out what other readers do to stay cool when the sun is blazing, at **homemakers.com/beattheheat**.



the little

Moose Jaw, Saskatchewan, was heading for ghost town status when Deb Thorn and a handful of dedicated citizens had a wonderful, crazy idea....

By Hélèna Katz



city that could

PHOTOGRAPHY: GREG HUZAR. HAIR AND MAKEUP: SONJA CLIFTON-REMPLE

It was the summer of 1989. Moose Jaw was dying. Work had dried up in the small Saskatchewan city; storefronts were papered over and the downtown was deserted. "You could wear a housecoat and rollers down the main street and nobody would notice," Deb Thorn recalls. She knows just how tough it was back then. She was working for Human Resources Development Canada. "My job was to find jobs for people who were unemployed. But it was like fishing in a bathtub – no fish," she says.

Rapid settlement in the early 1900s, railway connections and a wheat-belt location helped Moose Jaw grow into a regional economic powerhouse. But by the 1980s, the city of 34,000 people was sinking into decline along with the small-farming way of life. In January 1990, the passenger train stopped running. It felt like the last nail in the coffin of the once-thriving town.

But Deb, then 35 and the mother of two young girls, wasn't ready to let her community go down without a fight. She knew in her heart that Moose Javians would pick themselves up off the mat if the right opportunity came along. And it seemed city council might be able to help create that opportunity. The answer, they thought, lay in the town's past...and under the ground. >



In 2004, beloved city icon Mac the Moose – all 10 metres of him – moved to a place of pride in front of the Tourism Moose Jaw building (above). After a warm welcome from Mac, visitors from around the world enjoy the spa's hot springs (opposite).

Geothermal springs had been discovered beneath Moose Jaw in 1910. In the '30s a warm-water natatorium (an indoor swimming pool) opened, and it enjoyed local popularity for several decades until the infrastructure crumbled and the place was closed down. But the springs could still be tapped.

So a new well was drilled and one day that summer, Deb booked time off work and joined a gathering of about 400 people downtown to watch the unveiling ceremony. Hot springwater gushed out – hope for Moose Jaw's future. "I can still feel the spray on my face," she recalls. "I was so excited!" Deb thought about the jobs that a new swimming pool – or even better, a spa – could create for some of the out-of-work people she was trying to help.

But after the initial groundbreaking, city council couldn't find a developer to take on the project. "Nobody else thought it was a good idea to build a spa on the Prairies," Deb confesses. Moose Jaw just didn't seem like an obvious location, but she had fond memories of going to the natatorium as a child, and of how popular the place had been. Fortunately, a dozen other citizens did too. They joined her to form the founding board of directors for Temple Gardens Mineral Spa, named after an old nightspot. Deb became the board's chair in 1990. The group did their research. "Believing is one thing, but studying the tourism trends, learning from projects in other communities, and working and reworking the numbers in our business plan was the evidence that convinced us," Deb says. "Holy cow, this thing could work!"

Deb knew a spa could create the jobs the community so desperately needed, while also drawing visitors to pump cash into the local economy and offering entrepreneurs opportunities to open up shops to replace the ones that had gone belly-up. "Economic spin-off was king," she says.

The group quickly realized they needed to build a hotel if the spa was going to be economically viable. And for that, they needed to raise $7 million. "We just bit off one piece at a time," she says. Each board member threw $25 into a hat to get the ball rolling. Just $6,999,700 to go.

No wonder not everyone was behind the idea. "There were lots of naysayers," Deb remembers. "They were saying this was a white elephant." But good healthy debate isn't a bad thing, she says. "It causes you to think of other options and maybe make changes. I don't think people should be too fearful when there's controversy in a community. It gets rid of apathy because everyone wants to get involved."

And many people did. In 1991, along with other volunteers, Deb went door-to-door (often leaving daughters Lonni and Jami doing their homework in the backseat of the car as she rang doorbells) to offer residents an opportunity to buy shares in the project. Shares sold for $1, but each investor had to buy a minimum of 500. Deb was buoyed

PHOTOGRAPHY: CP IMAGES/MARK TAYLOR

by the enthusiasm she saw. One very elderly woman felt she wouldn't live to see the spa built, but invested anyway. She was buying shares for a multi-year project, she told Deb, amazed, and she wouldn't wait for anything anymore – even for green bananas to ripen!

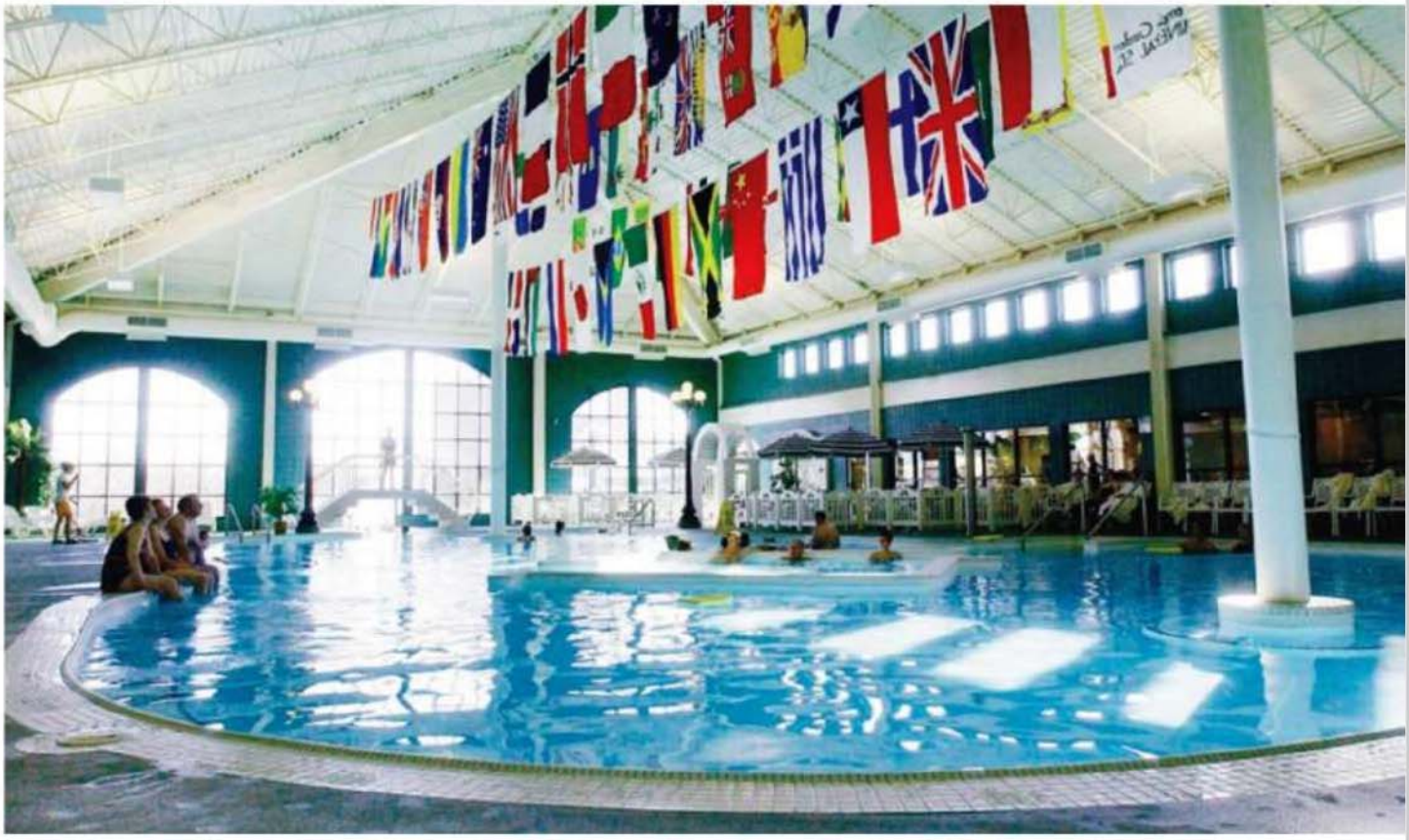
The group cut up surveyor's tape and mailed pieces to every household, urging them to tie the blue ribbons to trees, doors, car antennas – anything to show their support. Soon Moose Jaw was festooned in blue. One thousand people (including Deb and her husband, Jim) contributed a total of nearly $3 million. The city kicked in a $1-million interest-free loan payable over 10 years. "It was a big risk in the middle of a recession," Deb admits. But it was enough to break ground.

"I don't think people should be too fearful when there's controversy in a community." – *Deb Thorn*

After 12 months of construction, Temple Gardens Mineral Spa Resort opened on June 3, 1996, with 69 rooms and 53 employees. Turnout to the open house was so high that staff gave tours to 100 people at a time. "It was like an anthill," Deb grins.

As part of her vision to create jobs for Moose Jaw residents, Deb recruited the spa's staff from the ranks of the unemployed. "We hired based on attitude and enthusiasm. We looked for young people who had been involved in their schools and their community. We hired people who seemed sincere and had a great smile." The executive housekeeper was the only one with any hotel experience. "From the CEO to the maintenance staff," Deb says, "we took certification training from the Saskatchewan Tourism Education Council." They set a goal to win Tourism Saskatchewan's Customer Service Excellence Award – and they did in 1999.

Temple Gardens lost $400,000 its first year, but quickly turned around by capitalizing on its location along the Trans-Canada Highway. Deb met with coach companies to convince them to stop in Moose Jaw. "Those >



PHOTOGRAPHY: CP IMAGES/GEOFF HOWE

"I love to see people working together. I love to see how people can gather around an idea."

– Deb Thorn

tour operators really helped put us on the map," she says. "Now no one thinks it the least bit strange to have three coaches parked in front of the spa and another at the casino." But when the first tour bus arrived in June 1996, it was such a novelty that locals took pictures.

In less than a decade, the spa grew to 179 rooms, added a conference centre and quadrupled its staff to accommodate 150,000 guests per year from around the world. Inspired by the influx of visitors, other Moose Javians started up tourism businesses. Today in the downtown, a neon sign points to the Tunnels of Moose Jaw attraction beside bustling cafés. A trolley car slows down before a mural of the town's colourful history, depicted on the side of a red brick building, then rounds the corner past a construction site. The community that was once the butt of jokes is now a vacation destination, says Candis Kirkpatrick, executive director of Tourism Moose Jaw.

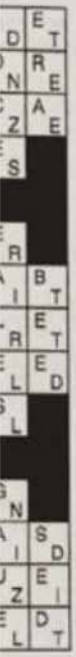
In 2006, local shareholders of Temple Gardens voted to sell the company and received $3.65 for each of their original $1 shares. Deb, now 56, remained as chief operating officer and general manager until the summer of 2009, when she took on a new challenge as the inaugural president and CEO of the Saskatchewan government's South Central Enterprise Region. She's following her true passion: helping other communities revitalize themselves. "I love to see people working together," she says. "I love to see how people can gather around an idea."

Deb is proud of having helped transform her once-dying town into a thriving tourist destination. In 2008, Moose Jaw attracted 439,000 visitors (more people than travel to Trinidad and Tobago yearly) – who pumped $69.6 million into the local economy. "Now you can't find an empty store anywhere," Deb says. "Now everyone has a can-do attitude." ***hm***

Transform your town

Bill Reimer, a Concordia University sociology professor, researches the economic and social potential of communities as the director of the New Rural Economy Project. He offers the following tips for kick-starting a new neighbourhood project.

- Identify your community's strengths and assets. Warner, Alta., turned its arena into an international hockey school for girls; Inuvik, N.W.T., turned its arena into a greenhouse.
- Dream big, but start small. Begin with projects that are manageable and fun, such as removing garbage from a bog. In St. Paul, Virginia, that project grew into an award-winning eco-centre.
- Celebrate your neighbourhood or community's accomplishments. A party doesn't only build cohesion – it also provides continued motivation.





Connect the dots to discover a secret to regularity!



*®2010, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

SNACK YOURSELF REGULAR.

Two All-Bran* Chewy Bars a day can help you feel great because they're made with wheat bran fibre, the best cereal fibre to help keep you regular.



© 2010 P&G

iams.com

Our food is as natural as it says it is.

And the blonde hair, yeah, that's natural too.

I am more than just a pet.

I am an iams pet

New Iams Healthy Naturals with PreBiotics. It's the real deal.
Iams has natural PreBiotics to support your pet's defenses plus wholesome chicken, leafy greens, fruits and vegetables. And of course no artificial colors, no artificial flavors and no artificial preservatives. Make your pet a "natural" at iams.com.





Life's Better on Iams

between us

By Jocelyn Laurence

I'd just turned 22 when I moved back to Canada from England in the early '70s. I settled in Ontario because that's where my mom was. Although I'd lived in England for the previous 11 years, I assumed that, because I'd been brought up by Canadian-born-and-bred parents, I had a pretty good bead on where I'd landed: I'd absorbed the basics of Canadian culture and politics; I spoke both English and French; and I could sing *O Canada*. But what I hadn't reckoned with was Canada's physical reality. I lived and learned.

Lesson 1: Canada seems huge and impersonal.

It's the mid-'70s. My boyfriend and I are driving from Toronto to Edmonton to visit his folks.

I thought I had a pretty good bead on Canada, its culture and its politics. But I hadn't reckoned with the country's physical reality.



ILLUSTRATION, TERRY WONG/AGOODSON.COM

I'm eager to experience the wow factor of Canadian scenery. Instead, my eyes glaze over as endless dense forests slip by. In the U.K., I tell my boyfriend, irritably, I motored from London to Edinburgh in about eight hours, through – are you paying attention, Canadian boyfriend? – a Very Varied Landscape. We, on the other hand, are eight hours into our trip and all I've seen are impenetrable woods. Plus, we haven't even left Ontario.

He's a kind, smart guy, so he lets me rant, and then pulls up at a store clinging to the highway and buys me a can of Canada Dry ginger ale. I look at the tiny map of Canada on the can, laugh, drink up and dry up.

When we hit the Prairies, the huge sky is a huge relief – until I realize the view has simply changed from a dark blur of trees to a bright blur of fields. My boyfriend tunes the radio to a country station. I'm into rock and he knows it. I grind my teeth and look into the distance. Lord knows, there's lots of it.

I'm expecting the same visual torture on the way home, but, to my surprise, I relax into the familiar rhythm of the road. Around Wawa, Ont., I finally get it: Canada is an exhilarating measure of the vastness of the world itself. >

homemakers
Your Way

TO ORDER YOUR SUBSCRIPTION

Subscribe to *Homemakers* for one year for $18 (taxes included). In the U.S., one year $30; all other countries, one year $42 (payable in advance in Cdn funds). To order, go to Manage Your Subscription at homemakers.com.

TO CHANGE YOUR ADDRESS

Send us your magazine label OR your old address along with your new one. Please allow six weeks for the change.
Make address changes easy: go to homemakers.com and click on Manage Your Subscription.

PRIVACY POLICY

On occasion, we make our subscriber list available to carefully screened organizations whose product or service might interest you. If you prefer that we not share your name and address (postal and/or email), contact us at any of the contact points listed on this page and we will remove your name from our mailing lists. You can review our complete Privacy Policy at www.homemakers.com.

We're at your service on the web.
Visit us at **www.homemakers.com** and click on Manage Your Subscription.
TELEPHONE: (905) 946-0460
EMAIL: hmk@indas.on.ca
MAIL: Homemakers
Box 822
Markham, Ont. L3P 8A5

PUBLICATION MAIL AGREEMENT # 40064924
REGISTRATION # 10635
RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: HOMEMAKERS
25 SHEPPARD AVE. W., SUITE 100
TORONTO M2N 6S7

This magazine is printed on paper that has been classified GOLD according to Transcontinental's Classification of Environmental Papers. The fibres used in its production are 100 per cent certified in compliance with the chain of custody PwC-ICoC: 2005tm. These certified fibres come from forests managed under one or more of the following certifications: CSA, SFI and FSC. Transcontinental encourages the use of environmentally friendly paper.

COPYRIGHT: No part of this magazine may be reproduced without the written permission of the publisher. Contents ©2010

Transcontinental
www.transcontinental-media.com
Canada CCAB Inc. SDA DIVISION PMAB

Lesson 2: Canada still seems huge, but personal.

A decade on, I'm sitting in Vancouver's airport on New Year's Day with the man who would later become my husband (and, even later, my ex-husband), idly watching bags being loaded onto our plane back to Toronto.

We'd come to town for my cousin's wedding, which we'd joyfully celebrated the night before. But with a surfeit of Champagne and emotions still bubbling in my brain, I suddenly announce (I have no idea why) that I don't want to fly. I want to stay on terra firma and take the train.

A sleeping compartment becomes free the following day and we have our own tiny space to view our big country.

No banks are open (this was before Interac machines), so we pool our cash. We have just enough money to get to the station, buy toothbrushes and toothpaste, and hope there's room on the next train. After that, it's down to credit cards.

We spend the first night dozing in our seats, but a sleeping compartment becomes free the following day and we have our own tiny space to view our big country. We stop in the Rockies and I think about my dad, who, in the Dirty Thirties, cycled with a pal from Alberta through the mountains to Vancouver to sign up with the Royal Air Force and catch a boat to England. In Winnipeg, we make a freezing pilgrimage to Portage and Main because my mom, who grew up in small-town Manitoba and went to the province's university, had told me she often wore sheer stockings there in below-zero weather and her own mom would sigh, "Well, dear, I guess your pride will keep you warm."

Once in Ontario, we read and nap as the train chunters through the endless forests I remember all too well. I feel crumpled and chilly as I jump down onto the station platform, but I don't care. My pride in belonging to this crazy country keeps me warm. *hm*

Enter to win

More chances to win each month!

One lucky reader will receive all three of these great prizes from Homemakers!



WIN A SUNLIGHT GREEN CLEAN LAUNDRY DETERGENT GIFT PACKAGE!

Sunlight Green Clean laundry detergent helps Canadians choose greener products without compromising performance. The detergent's concentrated formula includes plant-based ingredients, it's biodegradable and and it works well in high-efficiency washers. Visit sunlightlaundy.ca. ***Retail value $100***

WIN AN AFFRESH DISHWASHER CLEANER GIFT BASKET!

Odour-causing residue can build up on surfaces over time. The Affresh Dishwasher clean formula produces powerful, oxygenated cleaning action. Using Affresh dishwasher cleaner once a month will keep your dishwasher clean and fresh. Visit affresh.ca.
Retail value $100



WIN A SUMMER SUN PROTECTION PRIZE PACKAGE FROM RoC!

New RoC Soleil Protexion combines highly effective sun protection with velvet touch aesthetics. Prize includes: Atomizer Spray SPF30, Moisturizer SPF30 Normal Skin, After-Sun Soothing Repair Balm and Lipstick SPF20. ***Retail value $80***



Log onto our website, **www.homemakers.com** for details on how to win these three great prizes. And look for more treats in every issue – Just for You!



Of all the things he discovered today, this will make you the happiest.

McDonald's® new Grilled Chicken *Snack Wrap*® Happy Meal®. With 100% seasoned chicken breast, crisp lettuce, shredded Monterey Jack and light cheddar cheese, you'll love it just as much as he will.

new happy meal®

At participating McDonald's® restaurants in Canada. Product availability varies by restaurant. © 2010 McDonald's

for keeps

By Rosie Schwartz, RD

Portion primer

What's in a Canada's Food Guide serving? Not as much food as you think. One serving of grains, for example, equals just half a cup of cooked pasta, far less than a restaurant portion. The servings on nutrition labels aren't equivalents either. Control portion distortion with this guide to the Guide.

baseball 1 cup/250 mL



- 1 cup/250 mL salad greens *(counts as 1 serving vegetables)*
- 1 cup/250 mL cooked pasta or grains *(2 servings grains)*

foam cup 1 cup/250 mL

- 1 cup/250 mL milk *(1 serving milk)*

tennis ball ¾ cup/175 mL



- 1 small muffin *(1 serving grains)*
- 1 apple *(1 serving fruit)*
- ¾ cup/175 mL cereal *(1 serving grains)*
- ¾ cup/175 mL yogurt *(1 serving milk)*

billiard ball ½ cup/125 mL



- ½ cup/125 mL cauliflower *(1 serving vegetables)*
- ½ cup/125 mL strawberries *(1 serving fruit)*
- 2 scrambled eggs *(1 serving meat alternatives)*

computer mouse 4 oz/125 g



- 1 small baked potato *(2 servings vegetables)*

deck of cards 2½ oz/75 g



- 2½ oz/75 g meat, poultry or fish *(1 serving meat or meat alternatives)*

golf ball 2 tbsp/30 mL



- 2 tbsp/30 mL peanut butter *(1 serving meat alternatives)*
- 2 tbsp/30 mL nuts *(½ serving meat alternatives)*

standard die 1 tsp/5 mL



- 1 tsp/5 mL butter, margarine or oil
- 3 dice = 3 tsp/15 mL (1½ oz/45 g) cheese *(1 serving milk)*

PHOTOGRAPHY, THINKSTOCK

Canada's Food Guide says that, every day, women 19 to 50 need:

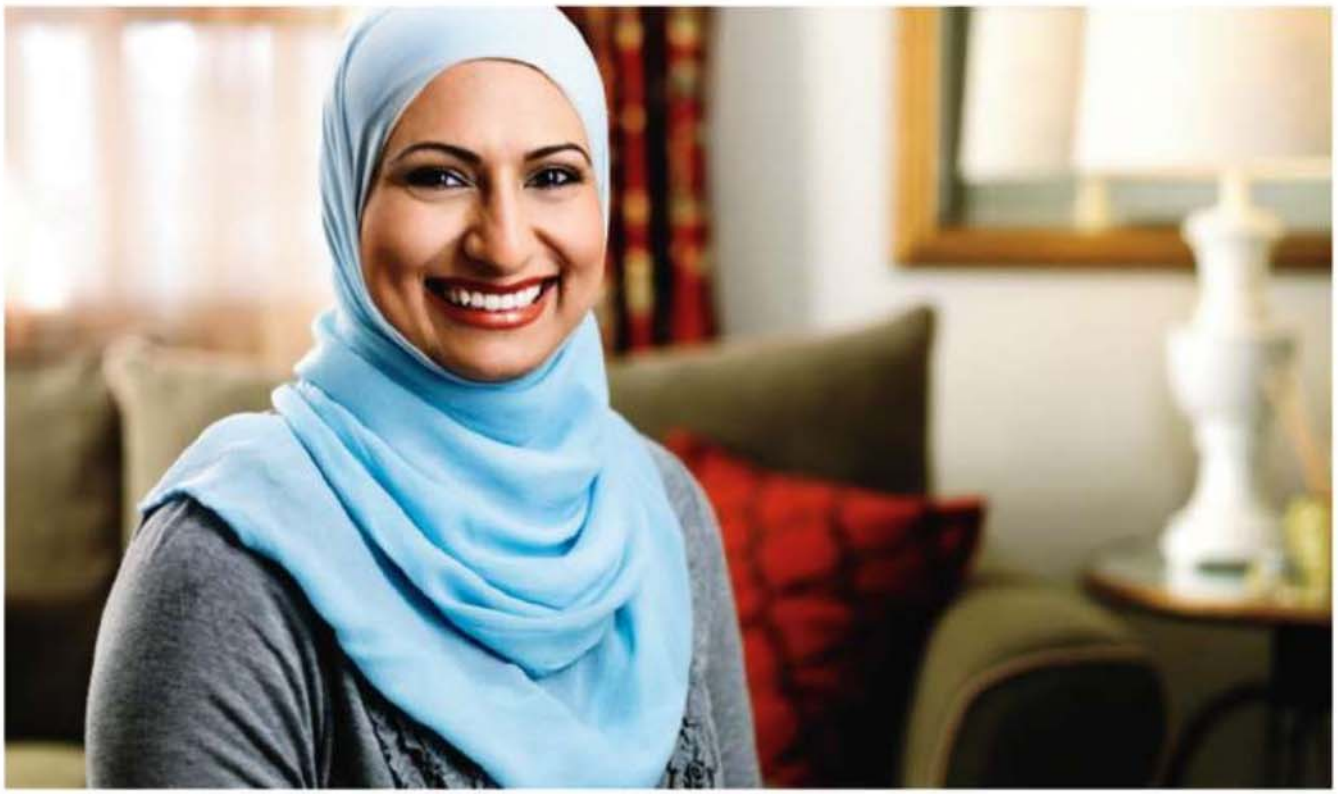
- *7 to 8 servings of vegetables and fruit*
- *6 to 7 servings of grain products*
- *2 servings of meat or alternatives*
- *2 servings of milk or alternatives*
- *2 to 3 tbsp/30 to 45 mL unsaturated oils and fats*

Rosie Schwartz, RD, is a Toronto-based consulting dietitian in private practice.

turning point

By Julie Beun

Sameena Arif



A brave break with tradition – a request for a divorce – led Sameena Arif to a new country, a new life and "the real Sameena."

"Mommy, why do we live like orphans?"

Sameena Arif looked down at her 12-year-old daughter's tear-stained face. "Why do we live like we have no father?"

Sameena had no answers. Given into an arranged marriage with an older man at 17, she was resigned to an unhappy, turbulent relationship. In 2003, the couple and their children had immigrated to Alberta. But then, Sameena's husband left to work in Dubai. When it became clear he wasn't coming back, she went home to Pakistan, hoping to reconcile. University-educated yet almost penniless, Sameena was grudgingly supported by her hostile in-laws. "It was hell – socially, financially, physically, emotionally. What an 11 months that was."

When her daughter came to her in tears, Sameena vowed to overthrow stifling tradition and get a divorce. "I wanted to save my sanity and protect my children. And that's not much to ask for."

That moment changed her life. She returned to Calgary in 2004 with her children (then aged 12, nine and three), destitute and desperately ill from anemia. Googling "single distressed mother Calgary," she found the Calgary Immigrant Women's Association (CIWA). "A counsellor called," she says. "I cried my heart out." CIWA gave her medical attention and aid – she had just $500. Sameena recovered, became a support worker for CIWA and, at 36, now works full time as a receptionist.

"Now I realize this is the real Sameena," she says firmly. "I'm so grateful to Canada. I feel a veil has been lifted; I feel that my life has just begun." **hm**

PHOTOGRAPHY: ROTH AND RAMBERG. HAIR AND MAKEUP: JAY ABRAHALE

Go for the Gold!



+

100% CANADIAN MILK

=

Canadian ICE CREAM

If it says *frozen dessert*.....it's not Ice Cream!

Chapman's, proudly made with 100% Canadian Milk.

1-800-265-9110 ✦ PROUDLY CANADIAN ✦ www.chapmans.ca

RoC®
WE KEEP OUR PROMISES®

5 anti-aging actions
1 intensive moisturizer

To fight all the things that can age your skin the most, RoC™ fuses 5 of the best anti-aging technologies into one intensive moisturizer: Retinol, Vitamin E, Vitamin C*, Glycerin and light reflectors. It's clinically proven to replenish moisture, reduce the appearance of wrinkles, visibly firm skin and enhance luminosity, noticeably fading brown spots. The result? You'll look radiant and visibly younger.

RoC™ MULTI CORREXION™ DAY & NIGHT



ASK YOUR IN-STORE BEAUTY ADVISOR ABOUT RoC™

©Johnson & Johnson Inc. 2010 *Vitamin C derivative